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CHILDREN LEARN WHAT THEY LIVE

If children live with criticism...
they learn to condemn.

If children live with hostility...
they learn to fight.

If children live with ridicule...
they learn to be shy.

If children live with shame...
they learn to feel guilty.

If children live with tolerance...
they learn to be patient.

If children live with encouragement...
they learn confidence.

If children live with praise...
they learn to appreciate.

If children live with fairness...
they learn justice.

If children live with security...
they learn to have faith.

If children live with approval...
they learn to like themselves.

If children live with acceptance and friendship...
they learn to find love in the world.

Adapted from Dorothy Law Nolte

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A special thanks to the many experts in the field who reviewed and edited the text of this guide.

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INTRODUCTION

As parents and providers of services to youth, you are faced with the challenges, joys and frustrations that come with parenting or providing services to children and youth. Throughout a child's growing years, you will be faced with various questions and decisions. Like many parents, none of us could begin to imagine what it would be like to raise a child until it happened to us. Our complex, rapidly changing world with its expanding technology, powerful electronic media influence and the greater diversity of family structures impacts our parenting and our children in ways we never dreamed.

THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY is a resource written especially for adults. Today, with the many critical issues young people face in growing up, parents and others concerned about youth are seeking support and asking questions to effectively parent or provide the most appropriate services to youth. Often, knowing where to begin seeking help is confusing.

This directory focuses on critical topics and offers information and contact numbers for services in our community. THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY will help you make choices and will give you the information you need to assist you in reaching informed decisions. This directory is available to remind you that you are not alone. There are people with resources available who care and are willing to help. THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY does not list all community services available. It is meant to be a starting place.

In the back of the book you will find a place to write down names and numbers of people who have been helpful and whom you may want to call again. We did not include names of contact people in agencies as part of THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY because they often change.

ABOUT THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY

THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY is produced by the Rochester-Monroe County Youth Bureau, a division of the Monroe County Department of Human & Health Services with the support of community organizations, parents and youth volunteers in response to identified community needs.

Representatives from various service agencies, parents and youth, reviewed and provided input on the content of this **ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY** to help ensure that it provides accurate information and appropriate resources. This directory is modeled after, and complements, the **YOUTH YELLOW PAGES** produced by the Rochester-Monroe County Youth Bureau.

Inclusion in **THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY** does not imply endorsement, nor does omission imply disapproval. No claim for total accuracy is made, since community information changes.

OVERVIEW OF THE YOUTH BUREAU

THE ADULTS' GUIDE TO YOUTH SERVICES IN MONROE COUNTY is produced by the Rochester-Monroe County Youth Bureau, a County youth services planning, funding and coordinating agency dedicated to developing, implementing and evaluating a comprehensive system of services for youth in the Rochester and Monroe County community.

We believe youth and their families deserve the best services possible. To make this happen, we:

- help plan and coordinate services for youth
- assess youth needs to determine funding priorities
- promote partnerships with agencies to provide comprehensive services
- provide funding to youth service agencies
- monitor and evaluate Youth Bureau funded programs to ensure quality services
- coordinate Runaway and Homeless services for youth
- study/examine different segments of the youth services system and issues that affect youth
- advocate for legislation, systems change, and funding to improve/assist the youth services system

The Rochester-Monroe County Youth Bureau facilitates the Community Asset Initiative for Monroe County. The Asset Initiative promotes Asset Building through positive youth development throughout Monroe County. The Community Asset Partner Network meets monthly to share and support local communities and organizations in their asset building efforts for all youth and their families.

For more information, call:

The Rochester-Monroe County Youth Bureau **274-6823**
a division of the Department of Human & Health Services **292-3970 (Fax)**
111 Westfall Road, Suite 814 **274-6865 (TDD*)**
Rochester, NY 14620
website: www.monroecounty.gov, click on Youth Bureau

*"Live so that
when children think of kindness,
courage,
and compassion,
they think of you."*

--Peter Benson, Ph.D.

COMMUNITY DIRECTORIES

The following is a list of directories that you might find helpful. Check with your local library about other listings of resources.

Name	Author	Focus	Cost
Finding Your Way	Mental Health Association 325-3145, TTY 325-4301	lists counseling services in Monroe County	free
Homeless Guide	FOODLINK, Inc. 936 Exchange St., R. 14618 328-3380	listing of shelters (housing) and community services for the homeless in Monroe Cty.	reference at library
Through The Maze	Mental Health Association 325-3145, TTY 325-4301	guide for families of children with emotional or behavioral problems	free
Self-Help Directory	Mental Health Association 325-3145, TTY 325-4301	describes local self-help groups, location, etc.	\$3.00
Support Group Directory	Mental Health Association 325-3145, TTY 325-4301	lists over 200 support groups in Monroe County OR free on-line at: www.mharochester.org	\$15.00 hardcopy free
Student Volunteer Directory	American Red Cross 241-4490	lists volunteer opportunities now only available online at www.generationgiveback.org	free
Mentoring Directory	Rochester Mentoring Roundtable	lists membership services for youth	free

40 DEVELOPMENTAL ASSETS

Listed here are the 40 Developmental Assets that the Search Institute has identified as the key building blocks essential for young people to grow up healthy and successful. Much of what you'll read seems like common sense; unfortunately, it is not always common practice.

Assets have a tremendous power to protect youth. Findings from the Asset Surveys for youth in 6th to 12th grades across the country show that:

- **Youth who have the most assets are least likely to engage in high-risk behaviors such as drug use, violence and sexual activity.**
- **When youth have more assets, they have increased chances of having positive attitudes and behaviors, such as succeeding in school, valuing diversity, delaying gratification and maintaining good health.**

While assets appear to have powerful influence in young people's lives and choices, too few young people have these benefits. This holds true across cultural and socioeconomic groups.

- **On average, young people experience only 18 of the 40 assets.**
- **Assets decrease as youth get older.**
- **Boys have fewer of these assets than girls do.**
- **Currently, only 8% of young people can claim at least 31 of the 40 assets.**

All of us need to assist all youngsters so they benefit from at least 31 of these essential supports. Everyone can be an asset-builder, including young people. It simply requires spending time together, building relationships, being intentional about nurturing positive values and reinforcing commitments. Asset-building needs to be continuous, reliable and consistent throughout a youngster's childhood and teen years.

Things you can do include:

- **Get to know some of the kids who live around you and find out about their interests and skills.**
- **Eat at least one meal each day as a family. Take time to talk about what is going on in one another's lives.**
- **Volunteer as a tutor, mentor or youth leader in a youth-serving organization.**
- **Develop opportunities for youth to contribute to their community.**
- **Educate your colleagues and employees about becoming asset-builders.**
- **Take the time to acknowledge the youth around you—the teen checking out your groceries, your neighbors, the kid at the car wash—and greet them by name when you can.**

EXTERNAL ASSETS

SUPPORT

1. Family support

Family life provides high levels of love and support.

2. Positive family communication

Young person and parents communicate positively, young person is willing to seek advice and counsel from parents.

3. Other adult relationships

Young person receives support from three or more non-parent caring adults.

4. Caring neighborhood

Young person experiences caring neighbors.

5. Caring school climate

School provides a caring, encouraging environment.

6. Parent involvement in schooling

Parents are actively involved in helping young person succeed in school.

EMPOWERMENT

7. Community values youth

Young person perceives that adults in the community value youth.

8. Youth as resources

Young people are given useful roles in the community.

9. Service to others

Young person serves in the community one hour or more each week.

10. Safety

Young person feels safe at home, school and in the neighborhood

BOUNDARIES & EXPECTATIONS

11. Family boundaries

Family has clear rules and consequences and monitors the young person's whereabouts

12. School boundaries

School provides clear rules and consequences.

13. Neighborhood boundaries

Neighbors take responsibility for monitoring young people's behavior.

14. Adult role models

Parent(s) and other adults model positive, responsible behavior.

15. Positive peer influence

Young person's friends model responsible behavior.

16. High expectations

Both parent(s) and teachers encourage the young person to do well.

CONSTRUCTIVE USE OF TIME

17. Creative activities

Young person spends 3 or more hours weekly in lessons or practice in music, theater or other arts.

18. Youth programs

Young person spends 3 or more hours weekly in sports, clubs or organizations at school or in the community.

19. Religious community

Young person spends one or more hours weekly in activities in a religious institution.

20. Time at home

Young person is out with friends with "nothing special" to do for two or fewer nights per week.

INTERNAL ASSETS

COMMITMENT TO LEARNING

21. Achievement motivation

Young person is motivated to do well in school.

22. School engagement

Young person is actively engaged in learning.

23. Homework

Young person reports doing at least one hour of homework every school day.

24. Bonding to school

Young person cares about his or her school.

25. Reading for pleasure

Young person reads for pleasure at least 3 hours a week.

POSITIVE VALUES

26. Caring

Young person places high value on helping other people.

27. Equality and social justice

Young person places high value on promoting equality and reducing hunger and poverty.

28. Integrity

Young person acts on convictions and stands up for her or his beliefs.

29. Honesty

Young person "tells the truth even when it is not easy."

30. Responsibility

Young person accepts and takes personal responsibility.

31. Restraint

Young person believes it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES

32. Planning and decision making

Young person knows how to plan ahead and make choices.

33. Interpersonal competence

Young person has empathy, sensitivity and friendship skills.

34. Cultural competence

Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.

35. Resistance skills

Young person can resist negative peer pressure and dangerous situations.

36. Peaceful conflict resolution

Young person seeks to resolve conflict non-violently.

POSITIVE IDENTITY

37. Personal power

Young person feels he or she has control over "things that happen to me."

38. Self-esteem

Young person reports having high self-esteem

39. Sense of purpose

Young person reports that "my life has a purpose."

40. Positive view of personal future

Young person is optimistic about his or her personal future.

IMPORTANT NUMBERS/HOTLINES

When you don't know where to call, **LIFE LINE** is available 24 hours a day, 7 days a week for information and referral to services in our community, as well as for short-term telephone crisis counseling about such things as medical emergencies, suicide, poison control.

24 Hour Crisis and Emergency Numbers

LIFE LINE	275-5151 275-2700 (TTY*)
Poison Control	1-800-222-1222 273-3854 (TTY*)
Police/Fire Emergency	911 (Also TTY*)
Alternatives for Battered Women Hotline	232-7353 (Also TTY*)
Monroe County Department of Human & Health Services	461-5690
Child Abuse Hotline	274-6865 (TTY*)
New York State Child Abuse and Maltreatment Register	1-800-342-3720
(Spanish-speaking also)	1-800-638-5163 (TTY*) M-F 9 am - 5 pm
Rape Crisis/Safe Center Hotline	546-2777 546-7582 (TTY*), M-F 9 am - 5 pm
Metro Teen Help Line	1-888-YOUTH-CALL (operated by Life Line)

Information & Referral:

The Legal Connection	295-5670
<i>Pregnancy Counseling:</i>	
CARE (a service of Catholic Charities USA) 8 am to 10 pm every day	1-800-CARE-002
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886
LIFE LINE	275-5151 (24 hrs) 275-2700 (TTY*)
Monroe County Drug Helpline	275-0505 (24 hrs)
(operated by LIFE LINE)	275-2700 (TTY*)
Monroe County Department of Children and Family Services	(585) 530-KIDS (5437)
Programs offered to children and families. Included are Early Intervention Services, the Community Health Worker Program, Family Bereavement, WIC, Pediatric and Adult Immunizations, School Health, Lead Poisoning Prevention, Education for Children with Disabilities and Children with Special Health Care Needs. Call for more information.	530-5436 (TTY*)
NYS Relay Center	dial 711 OR 1-800-662-1220 (TTY*)
(free telephone relay for the deaf and hard of hearing)	dial 711 OR 1-800-421-1220 (Hearing)
Women's Resource Center - YWCA	546-5820

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

HOW TO CALL FOR INFORMATION

When calling for information about services, use this simple call guide. Have paper and pen or pencil ready to write down names, phone numbers and information that you need to know, such as when your appointment is, what you should bring with you, and exactly who you will be meeting with.

You can begin by saying "I would like to talk to someone about ..." and then state your need, whether you want information about a medical problem or housing, are seeking a source for jobs, or looking for other resources.

Things to ask:

Who is the person I need to speak with?

How much does it cost?

When are you open?

What services do you provide?

Do I need an appointment?

What do I need to bring? (birth certificate, medical insurance card)

Where are you located? (address, room number)

How do I get there?

If the person you need to speak with is unavailable, leave your name, telephone number and message or ask when you can call back. If you don't hear from someone or you have difficulty getting in touch with the person you were told to call, keep trying or CALL ANOTHER AGENCY.

Whatever you do, DON'T GIVE UP TRYING TO GET HELP!

ABUSE/VIOLENT BEHAVIOR

We unfortunately live in a society where violence against children and family members is an increasing problem. Violence means using force to hurt or control someone or break or damage something. Some people get very angry and lose control. They may throw things, punch a wall or hit somebody. They may even be sorry afterwards. If you, a family member or a friend has been slapped, hit or pushed, or your behavior is out of control or violent, it is time to seek help. **No one deserves to be hurt!** There are times when abuse is not physical but emotional. In these situations someone may be threatening a child or an adult verbally or treating them in a way that makes them feel unsafe or believe they will be hurt.

If you, or someone you're with, is hurt or in danger, get away and get help from a friend or neighbor. Call **911** for police assistance.

If there is no emergency, but you are afraid of being hurt physically or emotionally by a friend or family member, or are fearful someone you love may be hurt, talk about it with someone who will listen and believe you, or call one of the numbers listed, under abuse or sexual abuse.

It is common to have mixed feelings about someone who is violent towards you. It is important to **tell someone and not keep secrets**, even if the person promises not to do it again. People who abuse or hurt others need to get help. By telling someone, you begin to take control of the situation and begin to help yourself.

You or someone you love may be in an abusive relationship if you or they:

- are frightened of a partner's temper
- are apologizing for a partner's behavior
- have been hit, kicked, shoved or had things thrown by a partner who is jealous or angry
- make plans/decisions about activities/friends based on what the partner wants or how the partner will react
- have been abused as a child or seen a parent abused
- are treated badly or embarrassed in front of others by a partner
- agree to have sex, even if uncomfortable about it

Teen Dating Violence

We hear most about domestic violence (family or household violence) that occurs between married people or adults who are living together. Teens can be involved in **abusive dating relationships**. Recent studies report almost one-third of teen and college age students experience abuse in dating relationships. These relationships, just as those involving domestic violence, are very difficult to end. Talk with your teens if you have concerns that they may be involved in an abusive relationship. If they seem unwilling to discuss it with you, suggest they speak to someone they feel comfortable with or see a counselor. (See COUNSELING page 32.)

Effects of Domestic Violence on Children

In homes where domestic violence occurs, children are at high risk of suffering physical abuse themselves. Regardless of whether children are physically abused, the emotional effects of witnessing domestic violence are very similar to the psychological trauma associated with being a victim of child abuse. Each year, an estimated minimum of 3.3 million children witness domestic violence.

The negative consequences for children living in violent homes often begin during the first year of life. These very young victims have been known to display such symptoms as excessive fears, poor sleeping habits, poor health and excessive screaming. As a child grows, so too does the impact of living with family violence. Preschool children who are only just beginning to define themselves and their place in the world, often respond to family violence by displaying lags or regressions in development, excessive anxiety and excessive aggression. Feelings of guilt and responsibility for the abuse may also become evident at this time. Older child victims may come to the attention of school authorities because of their behavior, truancy, poor self-esteem, aggression, learning problems and delinquent behaviors.

Recent research indicates that the symptoms of Post Traumatic Stress Disorder—sleep disturbances, traumatic nightmares, preoccupation, flashbacks and sensitivity to noise and touch—have been identified in children exposed to domestic violence.

Perhaps most distressing are the studies which indicate that these child victims often grow up to repeat the roles of abused and abuser that they saw so vividly demonstrated in their childhood.

How to Talk to Children About Domestic Violence

If violence is happening in the home, in most instances children know about the violence. Give kids the permission to talk about it with you or another adult who can help make them feel better. It is okay and important to talk about the violence and unlock the “family secret”.

Help kids to understand that other children are also in this situation, and that they are not the cause of or responsible for the violence.

Other ways to help children in this situation:

- Develop a safety plan for children in case another violent episode occurs. Tell children to stay out of the way. Encourage them to go get help and teach them to call 911 if it is safe for them to do so.
- Help build children's self-esteem.
- Let children know it is okay to have mixed feelings about their family members.
- Encourage children to talk about how they can show their anger without hitting.

Seeking Help

Remember, no one deserves to be physically and emotionally abused. There are other ways to deal with stress, tension and anger than becoming violent and/or abusive. Seek help for you and your children; you deserve better. See COUNSELING, page 32, and resources listed below.

For more help or information call:

Alternatives for Battered Women	232-7353 (24 hrs)
(information, counseling, & shelter; groups for teens in abusive relationships)	(Also TTY*)
LIFE LINE	275-5151 (24 hrs)
	275-2700 (TTY*)

MENS Education for Non-Violence Workshop, Rochester Rehabilitation Center	271-5842
(18 & up)	

Rochester Safe Start for people affected by violence	(Lifeline) 275-5151
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Society for the Protection and Care of Children	325-6101
Family Violence Program	
Parent Support Group	

To officially report child abuse, call these 24 hour numbers:

Monroe County Department of Human & Health Services,	461-5690
Child Abuse Hotline (local number)	274-6865 (TTY*)

New York State Child Abuse and Maltreatment Register	1-800-342-3720
(Spanish-speaking also)	1-800-638-5163 (TTY)
	M-F 9 am-5pm

*To get information about an **Order of Protection** or **Restraining Order** to prevent additional domestic violence among adult family members, call:*

Legal Aid Society Domestic Violence Program	232-4090
Monroe County District Attorney	428-5166
Domestic Violence Bureau	
Monroe County Probation Domestic Violence Intake for Family Court	428-5606

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

AIDS/HIV

AIDS (Acquired Immune Deficiency Syndrome) is a disease caused by a virus called HIV which shuts down the body's immune system. This means it breaks down the body's ability to protect itself from infection and disease. There is no cure for AIDS. It is likely that once a person has developed AIDS, they will die. The AIDS virus (HIV) may live in the human body for years and can be spread to others before any symptoms appear. Anyone can get AIDS.

AIDS virus (HIV) only lives in certain body fluids: they are BLOOD, SEMEN, VAGINAL SECRETIONS AND BREAST MILK. This means a person will not get the AIDS virus (HIV) from a handshake, a hug, a cough or sneeze, sweat or tears, a toilet, eating utensils or a telephone.

The most common ways the AIDS virus (HIV) is spread are:

- unprotected sex (vaginal, anal & oral) with someone who is infected
- sharing use of infected needles (primarily IV drug use, but also possible from ear piercing, tattoos, steroids)
- from an infected pregnant mother to her baby during childbirth and possibly by breastfeeding
- through a blood transfusion from contaminated blood or blood products (testing of blood products since 1985 has significantly reduced this chance)

Remember, you can't tell if people are infected by the way they look. The more sexual partners a person has or their partner has, the greater the chance a person has of becoming infected with the AIDS virus (HIV) and other sexually transmitted diseases. There is currently no cure for AIDS. (See SEXUALLY TRANSMITTED DISEASES on page 76). New treatments are being developed which are having limited success in postponing the onset of full-blown AIDS.

The best and safest way to protect against infection with the AIDS virus (HIV) is to not have sex (abstinence) and not to use drugs. A person can get the AIDS virus (HIV) from just one sexual experience. If a person chooses to have sex, there are ways to protect him or herself such as always using a latex (rubber) condom (as well as a spermicide that contains Nonoxynol-9) and not having sex with people who have sores, blisters, or open cuts around their mouth or sex organs. Keep in mind that condoms cannot be counted on 100%. It is possible that a person can become infected with the AIDS virus (HIV) even if using a condom.

Talking with a Child About AIDS

Growing up in an era with AIDS and other sexually transmitted diseases isn't easy. Parents and adults involved with youth need to communicate with them about sex in frank and accurate terms. AIDS is a topic parents cannot avoid. Children watch TV, read the paper, and hear about it at school.

Talking with children about AIDS is not easy. Explaining the basics—that AIDS can be spread by using needles to shoot drugs, and through vaginal, anal and oral sex—may make the most open person uncomfortable. Most adults are uncomfortable discussing sex in such explicit terms with children, but it is crucial we learn to do so.

Before you begin, be sure you understand what AIDS is, how it is spread and how it can be prevented. If you are unsure, call or visit your local library, health clinic, doctor or AIDS program. Be clear about both the facts and values you want to communicate. Practice talking with your partner, family members or friends to get comfortable with the topic. You may be met with resistance and silence by a child, as they may see this as something you shouldn't talk about. They may sense your discomfort with the topic. A few good choices now can help a child avoid many serious problems later.

Here are some suggestions to help you talk to children about AIDS:

- keep your tone and words simple and direct
- ask questions to make sure the child understands what you are saying
- if you feel uncomfortable or embarrassed, tell them so and let them know that no matter how uncomfortable you may feel, it is too important to not talk about
- talk about AIDS as a disease that we all need to be concerned with
- listen to their questions. You may be able to pick up on what they are afraid of and any misinformation they have about AIDS and correct it
- if you don't know an answer, tell them and plan together on how to find out the answer
- use your child's age, questions and your own feelings about AIDS to determine how much information to share
- don't preach or use scare tactics
- be clear about your values
- watch for ways to start conversations about AIDS.... a report on the car radio, a T.V. show, an article
- be sure to talk more than once about AIDS

Remember that you do not have to do this alone. There are a number of resources available to you to help you protect your child and yourself from AIDS. Workshops for parents are available to help parents talk with their children about HIV, substance use, relationships and sexuality. For information, call **Family Resource Centers of Rochester, (585) 458-4100.**

For more information on preventing and treating AIDS, call:

Action for a Better Community (ABC)	262-4330
Action Front/AIDS Education Program	
AIDS Rochester, Inc. Hotline	442-2200 (Also TTY*)
American Red Cross	241-4400
Baden Street Settlement/AIDS Project	325-8130
Black Leadership Commission on AIDS/Baden Street	325-4910
Catholic Charities/Community and Resident Services	339-9800
	339-9806 (TTY*)
Centers for Disease Control National STD Hotline	1-800-227-8922
Community Health Network, Inc. (CHN)	244-9000
Gay Alliance of the Genesee Valley	244-8640
Hemophilia Center	922-5700
Monroe County Sexually Transmitted Disease Clinic	464-5928
NYS Dept. of Health - HIV	423-8081
Counseling and Testing	423-8120 (TDD*)
	toll free 1-800-962-5063
Puerto Rican Youth Development & Resource Center - AIDS Program	232-1670
Threshold Center for Alternative Youth Services	454-7530
(12 - 18 free services, 19+ sliding scale)	

There are a number of free or low cost STD/HIV clinics in Monroe County. No appointment is needed. If you want to find out more information about **clinic services** call **464-5928.**

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

ALCOHOL & OTHER DRUGS

The use of alcohol and other drugs by youth is a serious problem in our society. Current information reveals that:

- Youth begin experimenting with alcohol and other drugs between the ages of 11 and 14.
- Alcohol is the number one drug problem among youth in the U.S. and more kids get into trouble with alcohol than with any other drug.
- Alcohol is considered a “gateway” or entry drug for youth; kids are more likely to use other drugs including over-the-counter drugs and cigarettes, if they use alcohol first.
- The three leading causes of death among youth—accidents, homicides and suicides—are all significantly related to alcohol use.
- In New York State, about 15% of students in grades 7-12 are heavy users of both alcohol and other drugs.
- Among teens, drug use is strongly related to having friends who use drugs; if your child has friends who use drugs, then your child probably does too.

Some Thoughts

Alcohol is such an accepted part of the American culture that it carries with it a sense of innocence for teenagers who “experiment” with it. But alcohol is a drug, and this reaction reflects a dangerous attitude that has gained wide acceptance. Although alcoholic beverages are legal for adults, they are ILLEGAL for children and teenagers. Parents who consider alcohol use by young people as “innocent, every-kid-tries-it” behavior are taking an unnecessary risk for their children and friends, not to mention their own liability.

Besides alcohol, youth use other drugs. Most commonly used are cigarettes, marijuana, cocaine and crack but there are many others, including over-the-counter drugs. Youth report relative ease in obtaining illegal drugs. For your information, a reference chart of common drugs & symptoms of abuse is included. See pages 20-26.

Setting Guidelines

A first step toward avoiding problems with alcohol and drugs is establishing guidelines for responsible behavior. Talking with parents of other kids can help you determine appropriate rules for your family. Alcohol and other drug experimentation can begin early, so it is important to start talking about alcohol and other drugs from the time your child enters grade school. The following are some suggestions:

- Be clear about and share your values; you are a role model for your child/teen. Remember, children do as their parents do, not as they say.
- Have your child/teen develop with you family rules (drugs, curfew, sharing chores, acceptable hang-outs, calling in, homework, etc.).
- Involve your child/teen in coming up with the consequences of breaking family rules.
- Follow through with consequences of breaking family rules.
- Expect your child/teen to be responsible for his or her behavior.
- Share your expectations of your kids with neighbors and other family members.
- Discuss with your child/teen how to handle the situation if alcohol or other drugs are available at a party. Help your child/teen develop a comfortable way to refuse alcohol or other drugs.
- Provide opportunities for and encourage creative social activities without alcohol and drugs.
- Be aware of how your child/teen spends money.
- Do not leave teens unsupervised when you are away overnight.

When Your Teen is Giving a Party

1. Plan in advance. Discuss the party plans with your teenager. Know the guest list, so you can prevent an “open party” situation.
2. Set definite starting and ending times. Plan an activity such as swimming, skating, or renting movies. Consider a daytime party.

3. Agree to rules ahead of time:
 - No alcohol, other drugs or smoking
 - No leaving, then returning to the party
 - No gate crashers allowed
 - Lights will be left on
 - Some rooms are off limits
4. Know your responsibilities! Be visible and aware. You are legally responsible for anything that may happen to a minor who has been served drugs or alcohol in your home.
5. Invite another parent or couple as company for you during a long evening, and to help if there are any problems. When parents deliver their teens to your house, invite them in to get acquainted, if only briefly.

When Your Teen is Going to a Party

1. Make sure there will be parental supervision and that no alcohol will be served. Checking with the parent at whose home the party will be held may be helpful.
2. Know where your teen is going and with whom. When taking your teen to a party, go to the door and introduce yourself. If you already know the family, at least wait to see that s/he is inside the house.
3. Make it easy for your teen to leave a party. Agree that s/he can call you (or another adult) to come for her/him if there is any reason why staying is uncomfortable.
4. Urge your teen NEVER to ride home with a driver who has been drinking or using drugs.
5. Be awake to greet your teen when s/he comes home or request your teen awaken you.

When to Become Concerned

Some of the behaviors listed below may reflect the normal growing pains of adolescence, or they may indicate alcohol and drug use or abuse or signs of emotional problems. The more behaviors listed below that your child displays or continues over time, the more important it becomes to seek help.

General Behaviors:

- Switching of friends and activities
- Being defensive or blaming others
- Defying rules and regulations
- Lying or being secretive
- Manipulating friends and family
- Changing eating habits
- Changing sleeping patterns
- Losing interest or initiative
- Having problems at school, including a drop in grades and cutting classes
- Verbally or physically abusing others
- Withdrawing
- Encountering legal problems
- Emotional outbursts

Specific Behaviors:

- Coming home unusually giddy, drunk or high; slurring words, stumbling, appearing spaced out or hung over, being promiscuous, showing interest in witchcraft or the occult
- Being responsible for the disappearance of money, alcohol, prescription drugs, family possessions, or his/her own personal belongings; watering down of family liquor
- Possessing drug paraphernalia—rolling papers, pipes, clips, bongs, pills, drug magazines, drugs, bottles, drug-related jewelry or posters, baggies
- Drawing graffiti or doodling related to drugs; talking about drugs
- Wearing sunglasses and using eye drops to cover up red or glassy eyes or pupil changes
- Using breath mints, cigarettes, gum, heavy perfume or incense to cover smells of alcohol/other drugs
- Changing personal habits or appearance, showing less interest in appearance

- Being compliant and agreeable, but failing to follow through with promises made
- Saying they are going to a place or event parents approve of, but consistently going somewhere else
- Sustaining frequent injuries or exhibiting signs of illness such as nausea, abdominal pains, persistent cough, sniffing, runny nose
- Showing signs of emotional distress, including depression, overwhelming anxiety, paranoia, extreme highs and lows
- Talking or writing about life not being worth living or suicide
- Self-mutilation such as self-drawn tattoos, cigarette burns, writing on body
- Violent bursts of anger expressed by hitting family members and friends, punching walls, reckless driving at excessive speeds, promiscuous sex

Confronting the Problem

Kids who use alcohol and other drugs come up with all kinds of excuses to deny their use or explain their use. Parents also come up with excuses to deny their kid's alcohol and/or other drug use. When you suspect drug or alcohol abuse, confront the fact and then work to solve the problem. The following guidelines may be helpful, but you may need to seek outside help in preparing to address the problem. See COUNSELING, page 32, and resources listed at the end of this section.

- Take time to recognize your own feelings so that you can attempt to discuss the subject calmly.
- Discuss and agree on a plan of action with spouse/significant other.
- Keep a written record of your observations.
- Talk to friends, family, and school personnel to see if they have noticed changes.
- When you address the problem, choose a time when your teen is not high on alcohol or other drugs.
- If denial persists, involve other concerned persons, such as relatives, clergy or school personnel.
- Focus on your concern for your teen's well being.
- Describe specific observations and concerns.
- Avoid accusations. They will only lead to denial.
- Let your teen know that you disapprove of her/his behavior, not of her/him.
- Be firm. Do not be intimidated or manipulated.
- Discuss the need for an evaluation with a chemical dependency counselor.
- Follow through! (See resources listed at the end of section)

Another Child's Use of Alcohol and Drugs

If you have factual information that a child other than your own is using drugs, believe it is a potential health threat to that youth or would feel guilty if that youth overdosed or was involved in a DWI, take action to help that child by telling her/his parents or teacher or counselor. If you are concerned you will break a "trust," sometimes you need to "expand" the numbers of people that are part of the trust, to save a life. When we do nothing we support drug use and abuse among adolescents and give them a message that their behavior is OK. Everyone needs to get involved to stop drug abuse.

Effects on Youth of Family Alcohol and Drug Abuse

Children and teens are affected by the alcohol and drug use and abuse of a parent or other family member. One out of every five Americans is the child of a parent who has or had an alcohol or other drug problem. Children of alcoholics and other drug abusers are prone to a wide range of problems, including anxiety, depression, eating disorders and other stress related health problems. They often deal on a daily basis with fights, broken promises and inconsistent behavior by their parent(s). They also must deal with the fear, silence and shame that surrounds the "family secret". Many blame themselves for the problem.

It is extremely hard for the non-drug abusing parent to also deal with their partner. They often feel the same embarrassment, frustration, confusion, and powerlessness as their children do.

Workshops for parents are available to help parents talk with their children about HIV, substance use, relationships and sexuality. For information, call **Family Resource Centers of Rochester, (585) 458-4100**

Alcoholism and chemical dependency are diseases that affect the whole family and professional help is necessary. Talking to your child and connecting yourself and family with professional help to address the problem is important. The situation has to be brought out in the open so that family members can receive information and support to deal with the situation. Special support groups and treatment programs for the abuser and family exist in our community. Treatment can include support groups, counseling, inpatient, outpatient, and half-way houses. The following resources may be helpful.

For an alcohol or drug related emergency, call 911 or get to a hospital emergency room. See HOSPITALS listing on page 58 under Rape and Sexual Assault.

For more information about alcohol and other drugs, or about getting help with an alcohol or drug problem, call the agencies listed below or any treatment program:

Monroe County Drug Helpline	275-0505 (24 hrs)
(Operated by LIFE LINE)	275-2700 (TTY*)
(The) Center for Youth	271-7670
Delphi Drug and Alcohol Council	467-2230
Family Service of Rochester	232-1840
Huther-Doyle Memorial Institute	325-5100
National Council on Alcoholism & Drug Dependence Rochester Area	423-9490
Native American Cultural Center	442-1100
Puerto Rican Youth Development & Resource Center	325-3570
Threshold Center for Alternative Youth Services	454-7530

For specialized help you may want to call:

Al-Anon/Al-A-Teen Family Groups	288-0540
(groups for teenagers with an alcoholic parent, family member or friend) (taped message)	
Alcoholics Anonymous	232-6720 (8 am -10 pm)
(special groups for young people who are alcoholic)	
Substance and Alcohol Intervention Services for the Deaf (SAISD)	475-4978 (V/TTY*)

For drug-free youth programming and socialization activities and youth empowerment, check with your school for information about school sponsored activities:

Youth to Youth of Huther-Doyle Prevention Services	381-4810
(formerly Prevention Partners)	

For Stop Smoking Resources:

American Cancer Society	288-1950
American Heart Association	461-5590
American Lung Association	442-4260
Cancer Action	423-9700
Baby's Breath Program (group, free)	
Smoking Cessation Clinic (group, fee - Blue Cross, co-pay)	
Family Wellness Center, Brockport, NY	637-0450
Lakeside Health System	637-3131
New York State Smokers Quitsite	www.nysmokefree.com
	or call 1-866-NY-QUITS (1-866-697-8487)
Park Ridge Chemical Dependency	272-8311

THIS LISTING CONTINUES ON PAGE 26 (AFTER DRUG CHARTS)

**TO VIEW THE DRUG CHARTS (PAGES 20 - 25) SEE THE SEPA-
RATE DOCUMENT - DRUG CHARTS FOR THE ADULT GUIDE TO
YOUTH SERVICES.**

Treatment Programs: (continued from Page 19)

The agencies listed below are certified by New York State to provide chemical dependency treatment. Not all are able to serve youth under the age of 18. Those marked with an ** currently have adolescent services available and charge a fee based on income.

Eligibility requirements differ with each individual agency. Be sure to check if your medical doctor needs to make a referral, health insurance coverage and additional costs.

Action for a Better Community	325-5116
Baden Street Settlement	325-4910
Catholic Family Center, Restart Substance Abuse Services	546-3046
Conifer Counseling Services	442-8422
Delphi Drug & Alcohol Council	467-2230
**Family Service of Rochester	232-1840
The Health Association, MAINQUEST Treatment Center	464-8870
**Huther-Doyle Memorial Institute	325-5100
John L. Norris Treatment Center	461-0410
Park Ridge Chemical Dependency	723-7723
Rochester Mental Health Center	922-2500
St. Joseph's Villa of Rochester	865-1550
Strong Recovery	275-3535
**Westfall Associates	473-1500
YWCA Stepping Stone	546-5820

Mentoring programs:

Compeer's Juvenile Drug Court Mentoring Program	546-8280, 546-7959 (TTY*)
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To report concern about criminal activity involving drugs call:

Drug Hotline (City of Rochester)	428-6000
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*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

BASIC NEEDS

The following lists resources available for obtaining information about basic needs (e.g., food, shelter, clothing.) If you need additional information or are unsure of what resource or agency to contact, please call **LIFE LINE** at 275-5151 (275-2700 TTY*).

Food

For information about obtaining food stamps, call:

Monroe County Department of Human & Health Services 274-6000
274-6865 (TTY*)

New York State Food Stamp Hot Line 1-800-342-3009

For a referral to a Food Pantry and/or a Food Distribution Center or soup kitchen, call:

LIFE LINE 275-5151 (24 hrs), 275-2700 (TTY*)

For directories listing Food Pantries and Food Distribution Centers, call:

The Homeless Guide 585-328-3380 x31
FOODLINK, Inc. www.foodlinkny.org
936 Exchange Street
Rochester, NY 14608

Housing Information, Housing Issues & Services

For runaway or homeless emergency shelter programs for youth under 21 refer to Running Away or Homeless section, page 69.

For information on housing and sanitation complaints, call:

Monroe County Health Department 274-6171

For information on home lead poisoning, call:

Monroe County Childhood Lead Poisoning Prevention Program 274-6086
Also see the Lead Hazard Control Grant Assistance application available on the Monroe County website at: www.monroecounty.gov.

For information on heating (fuel) costs and subsidized public housing for low income families and senior citizens, call:

Rochester Housing Authority 697-3600
HEAP (Home Energy Assistance Program) 274-6477

For information on home repair and rehabilitation programs and services, call:

City of Rochester, Housing Grants and Loans 428-6827
also see their website: www.cityofrochester.gov, click on Programs & Services, then Housing & Home Assistance

For information on home buying, screening, and other related assistance, call:

City of Rochester's Residential Assistance Program 428-6863
The Home Store 325-4663

For daily listings of available apartments and hotline information on landlord/tenant rights, call:

The Housing Council 546-3700

Emergency Shelters for Families

Alternatives for Battered Women 232-7353 (24 hrs) 232-1741 (TTY*)

Caters to women who have been physically abused, short term stay. Minimum age 18 years (exceptions considered). Children (through age 18) will be housed with mothers.

Bethany House	454-4197 (24 hrs)
Forty-five (45) day limit, one time per year. Interview required. Women and women with children; boys up to age 12.	
Mercy Residential Services	254-2175
Emergency and transitional housing for pregnant and parenting women age 16 - 21 and their children.	
Salvation Army Emergency Assistance (24-hour)	987-9540
For homeless families	
Sanctuary House	277-7550
Temporary housing for women and children (boys to age 13; girls all ages); pregnant and parenting teens. Must be willing to apply for DSS.	
Women's Place	436-5452
Temporary housing for women and children (boys to age 10; girls all ages); pregnant and parenting teens. Must be willing to apply for DSS.	

Financial Aid

For information on Temporary Assistance:

Monroe County Department of Human & Health Services **274-6000**

For information on obtaining Food Stamps or Medicaid:

Monroe County Department of Human & Health Services **274-6000**

Clothing

Refer to the "Homeless Guide" or call **LIFE LINE** at **275-5151** or **275-2700 (TTY*)**

Heating/Utility Assistance

Before seeking help in meeting delinquent fuel and utility payments, debtors should contact the particular company and try to arrange an alternate payment plan. Many companies, like Rochester Gas & Electric, are required by law to continue service if debtors can arrange a fair and affordable payment plan with them. Ask about arranging such a plan by calling the Customer Service number of the fuel or utility company appearing on the fuel bill itself.

For help with heating (fuel) costs call:

Action for a Better Community	442-4167
American Red Cross Community Heating Fund	241-4474
HEAP (Home Energy Assistance Program)	274-6477
New York State Public Service Commission	1-800-342-3355
(NYSPPSC) Hot Line	
(Mon.-Fri. 7:30 A.M. - 7:30 P.M.)	

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

CARING ABOUT THE ENVIRONMENT

You may have already heard children's views about saving our planet and our resources. Environmental concern and caring can be a community and family effort in which everyone can join.

Young people have an important part to play in conserving our resources. Every bit we do helps save natural resources and landfill space. Encourage children and teens to become involved and visit the Kids Kingdom at www.chetthecheetah.org for more environmental information.

Here are some ways to help:

- use less hot water
- buy reusable items instead of disposables
- support recycling programs at your local school/neighborhood centers
- use the recycling bin (blue box) to recycle:
 - metal cans, food and beverage, lids are accepted
 - empty aerosol cans
 - glass bottles and jars (clear, green and brown only)
 - gable top containers, milk and juice containers
 - #1 and #2 plastic bottles and jugs
 - newspapers, inserts, magazines, catalogs
 - clean paper products, cereal, cracker, tissue, shoe boxes, flattened
 - corrugated cardboard, phone directories
 - pizza boxes, discard contents, flatten
 - envelopes, office paper, files, school papers, gift wrap
 - paperback and hard cover books

For more information on what can be done to help, call the following:

City of Rochester 24-hour customer service line **428-5990**

Monroe County Environmental Services **760-7600**

for more information see: www.monroecounty.gov

Chet the Cheetah recorded information line **340-CHET (340-2438)**

for more information, see: www.chetthecheetah.org **760-7605 (TTY*)**

Sierra Club **244-2625**

Environmental Information Center **262-2870**

55 St. Paul Street, Rochester, NY 14611

CHILDCARE

Finding appropriate and affordable childcare is one of the most difficult tasks that parents have. Parents often don't know the right questions to ask and how to assess the various child care options available to them. The choice of childcare arrangements can only be made by parents, who know their own situation and child best. There is no one kind of childcare program that is best for all children. Some thrive in a center based program; others are happier with the smaller group size and homelike atmosphere of a family daycare home; still others do best with a caregiver in their own home.

Whatever the setting, the key factor in choosing childcare is the quality of the care itself. Most child care consultants agree that a high quality childcare program should offer knowledgeable, loving caregivers who understand and care about children and who work with the family to provide the best possible care for each child.

The following are some things to consider, and questions to ask when looking into out-of-home childcare. If you're exploring the option of daycare centers/group care, plan to visit more than one program during hours of operation. Ask for a tour and spend some time in the classroom that your child might be in if s/he were to attend that program. Plan to bring your child for a visit prior to his/her first day. If you are looking into family day care, you should visit the home and may want to visit more than one. If possible, take your child with you on visits at a time when other children are in the home.

- Do the caregivers appear warm and friendly; seem calm and gentle; accept and respect your personal and cultural values; read and talk with children; encourage children to express themselves; appreciate and praise each child's individual efforts; have previous experience working with children; have time to talk about your child with you; have training in child development or have previous experience caregiving; involve parents in the ongoing activities?
- Are there opportunities for children to make friends with other children; receive individual attention; use books, games and toys; enjoy music, rhythm and dramatic play; visit places of interest like parks, library, museum or firehouse; have some free choice of activities for part of the day; play actively and quietly indoors and outdoors; participate in meal or snack preparation and clean-up; learn problem-solving skills?
- Does the day care center or day care home have space for all children; space and cot for each child to take a nap; a place for each child to store his/her personal possessions; a safe outdoor play area; sufficient adult caregivers for the number of children; nutritious meals and snacks; adequate heat, ventilation, and bathroom facilities; clean and comfortable areas; procedures for staff and children in case of an emergency or fire; locked cabinets for storage of medicine, cleaners and any other dangerous materials; safety caps on electrical outlets; equipment and toys in good working order; a health program; procedures for a sick child; proof that they meet all building, health, fire and licensing regulations; groupings of children consistent with age and development stages; precautions about who can come into and move about the center and remove a child?
- Be sure to discuss fees to be paid and when they're to be paid; addresses and telephone numbers where you can be reached at home and work; a list of who is authorized to pick up the child; a plan for emergency or a child's illness; what time your child will arrive and leave; any special arrangements for transportation; arrangements and schedules for

holidays and vacations; views and methods on controlling a child's behavior; participating in conferences/parent meetings and other center activities; any special characteristics of your child such as food preferences, habits, allergies and special medical needs; policy about unscheduled visits during the day to check on your child; policy on having lunch or snacks with your child; whether you can bring in food to share for your child's birthday or special event?

If you have concerns about the childcare program you have selected, talk with the childcare provider about your questions. If you are still unable to resolve your concerns and you need assistance in finding childcare in Monroe County, check with family and friends who use childcare or contact:

Child Care Council, Inc. ("your premier resource")

654-4720
1-800-743-KIDS (5437)
www.childcarecouncil.com

COUNSELING

No one feels good all the time. Everyone, at times, has strong, uncomfortable or angry feelings about things going on in their lives. For young people, this may be experienced in their family through outbursts or isolating themselves or through “acting out” behaviors. Good listening and communication skills between parents and young people can help during these time periods. When youth have these feelings or present “troublesome” behaviors, try talking with them, encouraging them to share their feelings and concerns. When one member of a family experiences a problem or is hurting in some way, all members of the family are affected. If attempts at talking do not work out and the concerns continue, counseling can help.

Counseling can help a young person or a family change many of their uncomfortable feelings into more comfortable ones. Other times, people talk with counselors to help them with decisions they are trying to make or problems they are trying to solve. Through counseling, you, your child and your family can learn to better understand each others’ feelings and improve communication.

When is Counseling Needed?

If you find the feelings or behaviors are interfering with normal everyday activities, there may be a need for counseling. The following are signs that someone may need counseling.

- sudden changes in mood or behavior
- depression—feeling unhappy for a long time
- anxiety—strong feelings of fear or nervousness
- losing one’s temper over small things
- physical aches and pains that have no known physical cause
- dropping grades

Who does Counseling?

Sometimes friends, relatives, school counselors or religious leaders can help by listening to the problems and making suggestions for dealing with the situation or for finding help.

Sometimes problems seem too hard or too personal to share with someone close and/or may require someone with a special expertise. In that case, it’s good to talk things through with a trained counselor. Many counselors who work with young people believe it is important to see the whole family for counseling. They recognize that all family members are affected and must work together for change to occur. Some young people and families are resistant to counseling or talking together as a family. Counseling can occur with individual family members or with the family together.

Where Do I Find Counseling?

There are many places to go for counseling. It may be helpful to talk with your child’s guidance counselor, the school nurse, or a clergy member, or even your teen about where to go for help. Also, if you are still not sure of where to go, The Mental Health Association has a guide to finding mental health services. Call **325-3145** for a copy of Finding Your Way.

The following provide counseling services. Many are targeted specifically for youth. Some services are free, but not all. When you call, ask about fees, health insurance coverage, how much you’re responsible to pay for, and how to make an appointment.

Baden Street Settlement House	325-4910
Catholic Family Center	546-7220
(The) Center for Youth	toll free 1-888-617-KIDS (5437)
Main Office	271-7670
Center-North	342-6373
Charles Family House	328-5453

Community Place of Greater Rochester	288-0021
Family Services Unit, formerly Lewis Street	327-7200
Youth Development Services , formerly Genesee Settlement House	288-1830
*Family Service of Rochester	232-1840
	232-1237 (TTY*)
Gay Alliance of the Genesee Valley	244-8640
Greece Youth Bureau (Dept. of Human Services)	663-0200
Henrietta Youth Bureau	359-2540
IBERO Family Support Unit	454-1430
*Jewish Family Service of Rochester	461-0110
Montgomery Neighborhood Center	436-3090
Park Ridge Youth Outreach Program	392-5945
Hilton	392-5945
Spencerport	352-3050
Pittsford Youth Services	248-6299
Puerto Rican Youth Development and Resource Center (PRYD)	325-3570
*Samaritan Pastoral Counseling Center	473-2671
*Threshold Center for Alternative Youth Services, Inc.	454-7530
Urban League of Rochester - Family and Children Services Division	325-6530

*These agencies charge a fee based upon income.

Mental Health Services

Mental health providers have services specifically for youth and their families. All charge fees and your health insurance may pay part or all of the fee. Appointments are necessary unless it is an emergency.

*Crestwood Children's Center	429-2700
Family Service of Rochester	232-1840, 232-1237 (TTY*)
*Genesee Mental Health Center, Child & Youth Services	922-7250
Hillside Children's Center	256-7500
St. Joseph's Villa of Rochester	865-1550
Strong Memorial Hospital	
Family Therapy Services	275-3535
Child & Adolescent Services	275-3522
Unity Health System	
Brockport Mental Health Services	637-6822
Evelyn Brandon Health Center	368-6900
* Park Ridge Mental Health	723-7750
*Genesee Street (St. Mary's) Outpatient Mental Health Services	368-6550
ViaHealth System	
Genesee Mental Health Center, Child/Adolescent Services	922-7250
*Rochester Mental Health Center	922-2500
Youth Emergency Services (Y.E.S.)	www.yesprogram.org
Rochester Community Mobile Crisis Team	275-5151 (LifeLine)
Home Based Crisis Intervention	(Lifeline) 275-5151
Residential Crisis Services, Hillside crisis beds	325-1738
Hillside 24 hour Assessment and Resources	256-7500
	256-7500

Juvenile Firesetting

The Monroe County Fire Bureau's Juvenile Firesetter Intervention Program (JFIP) is a resource to deal with children who engage in fireplay or firesetting behaviors. Fire Safety Education Programs are also available, call to schedule a visit.

For more information, call the Monroe County Fire Bureau at: 279-4050

DEATH AND LOSS

When someone close to you dies, you may be overwhelmed with feelings of anger, hurt, sadness and uncertainty. It is a painful and confusing time. The problem of what to say and how to talk about your feelings is one of the most difficult that you can face. You may be afraid of saying or doing the wrong thing. If you must tell a child about death, you may want to hide the truth from a child in an attempt to protect him/her and help the child not to miss the person so much. You may say things like "he is sleeping" or "he has gone away" instead of talking openly about someone's death.

When someone dies, you and/or your child may have a lot of different feelings, many at the same time, including surprise, disbelief, anger, guilt, loneliness, depression and sadness. Each person reacts to death in his or her own way. Some cry, some get angry, some get quiet and go off by themselves and some act like nothing happened. How you grieve is a personal thing and does not measure how much you cared about the person, only how you handle or express your feelings. Children also need an opportunity to express their feelings and fears. They learn what is acceptable by watching you. Your ability to be open and honest with them will help them to better accept what has happened and to openly express themselves.

It is important to help your child talk about his/her feelings with someone who will listen. A child may be afraid that by talking about death, that it will happen again. S/he may be afraid that you or s/he will die, and be afraid to go to sleep; or won't let you out of sight; or lose appetite, experience headaches, mood swings, loneliness, depression or anger. Anger at God is not uncommon.

If the death is of a parent, the child may feel isolated and unsure of the future. If the person was the primary source of income, there may be concerns about how the family will survive. The child may feel the need to take over the role of the dead parent. Try not to put your child in the position of behaving like an adult. If you are grieving yourself, and can't give the attention that is needed to the child, find someone—a family member, family friend, clergy—that can help the child to grieve and be there for that child.

If the person that died is a friend, neighbor or distant family member, children often feel left out of the grieving process and feel that there is little they can do.

The following are some things that you can suggest a child could do that might assist family or friends who have lost a loved one: run an errand; mow the lawn or take care of the garden; feed a pet or walk the dog; bring flowers; help with household chores — laundry, vacuuming, dusting; babysit the children or take a child for a walk; and wash the car.

Remember that there are people out there who can help you and your child as you struggle with the death of someone. (See COUNSELING page 32.) Schools and religious organizations may have support groups to help you deal with the death of someone. Call one of these resources for a list of support groups:

Families and Friends of Murdered Children	428-2265
KATS (Kids Adjusting Through Support)	624-5555
a program of Camp Good Days (a support group for children who have lost or have a seriously ill parent, sibling or family member)	
LIFE LINE	275-5151 (24 hrs)
	275-2700 (TTY*)
The Mental Health Association, Clearinghouse for Self Help Groups	325-3145

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

DISABILITIES/HANDICAPPING CONDITIONS

If you are the parent of a child with a disability, or you are a worker involved with a child who is identified as having a disability, you have to confront many myths about disabilities and continually advocate that the child's needs are appropriately and adequately addressed.

In the last 20 years, Federal and State laws and regulations have been passed and court decisions have provided directives that ensure disabled children and adults have rights and opportunities the same as non-disabled people. The most notable of these is the Individuals with Disabilities Education Act ("IDEA") formerly called the Education of All Handicapped Children Act, Section 504 of the Rehabilitation Act of 1973, Public Law 94-142 and the Americans With Disabilities Act of 1991.

General Classification

As a parent or advocate for children, it is important to know about classifications used by agencies to describe children with "disabilities". The following briefly and simply outlines some of the more commonly used classifications and is not meant to be inclusive.

The term **AUTISTIC** is used when a person displays a great deal of difficulty in responding appropriately to people, events and objects. The person may demonstrate abnormal responses to sensations (sight, hearing, touch) and may have delayed speech and language skills. They may use toys and objects in ways they were not intended to be used. Difficulty may be exhibited in communication and social skills.

The term **EMOTIONALLY DISTURBED** is used when a person displays specific behaviors over a long period of time and to such a degree that the person is unable to do well in school or a social setting, which cannot be explained by intellectual, sensory or health factors.

The term **LEARNING DISABLED** is used when a person of average or above-average intelligence, has difficulty learning and demonstrates a significant difference between potential and actual achievement. The student may have difficulty in reading, math, speaking, writing, concentration, attention, listening skills and retaining information. It means the individual learns differently than other people learn, not that the individual cannot learn.

The term **MENTALLY RETARDED** is used when a person learns at a slower rate because of a significantly lower level of intelligence. Language or motor development is considerably slower than that of other people of the same age or the person seems unable to learn new skills as quickly.

The term **SPEECH IMPAIRMENT** is used when a person has difficulty speaking. The person may substitute one sound for another, be unable to make certain sounds, leave sounds out, make some speech sounds that cannot be understood, stutter or have difficulty understanding or using words or sentences.

The term **HARD OF HEARING** is used when a person has a hearing loss which ranges from mild to severe, but can use the sense of hearing either with or without a hearing aid. A person is considered **DEAF** when s/he has no hearing.

The term **VISUALLY IMPAIRED** is used when a person is blind or unable to use vision in some situations. A person is partially sighted when some functional sight exists.

The term **ORTHOPEDICALLY IMPAIRED** is used when a person's performance is being affected due to such conditions as cerebral palsy, amputations, fractures or burns which cause severe restriction of the muscles.

The term **OTHER HEALTH IMPAIRED** is used when a person is physically handicapped and has limited strength, vitality or alertness due to chronic or acute health problems, and these affect the individual's functions. These problems may include asperger syndrome, heart

condition, tuberculosis, asthma, sickle cell anemia, tourette syndrome, hemophilia, epilepsy, lead poisoning, leukemia, diabetes or AIDS. The term MULTIPLE HANDICAPS is used when a person has two or more primary handicaps such as deafness and blindness or severe emotional disturbance and mental retardation.

Living With Disabilities

Being disabled is not a disease. It's not catching. It just is. People come in all shapes, sizes and intellectual abilities. Some people are born with their disability, others become disabled through accident or illness. No one chooses to be disabled and no one can predict if it might happen to them. If your child has a disability, help him/her to remember that s/he is not the disability. While it may affect his/her appearance on the outside, who s/he is on the inside is what really matters.

Your child may not be disabled, but you may be confronted with questions about disabilities that you are uncertain on how to handle. Children are naturally inquisitive and spend a lot of time and energy comparing themselves to others. Have you ever had a child ask "why is that person so fat" or "why is her skin darker than mine" or "gee that person looks funny", or "why does that person walk funny?" You may be uncomfortable with responding to these questions. When children ask questions, they leave you a door open to talk with them about the topic. Be open and honest with them. If you know the information, share it with them. If not, tell them when and how you will get the information. In some instances, you may be caught off guard or there is no answer. It is OK to say "I don't know."

Children may make fun of, or pick on other people, because they look different, learn differently, or have a disability. It is important to help your child understand how "making fun" can really hurt someone and why that is something you don't want them to do.

Children may be reluctant to make friends with someone who has a disability because they are afraid that their other friends will laugh at them or not want to be their friend. Help your child to not let someone's "outside" prevent them from discovering their "inside". Encourage them to reach out; they may discover a new friend.

There are many agencies that offer services to young people with disabilities and their families. To find out what specific programs or services are available, or to get more information, call:

The Advocacy Center	546-1700
Al Sigi Center	442-4100
Association for the Blind and Visually Impaired-Goodwill Industries	232-1111
ARC of Monroe County	271-0660
Big Brother/Big Sister (Community Partners for Youth)	442-2250 (454-6329 TDD*)
CP Rochester (formerly United Cerebral Palsy Assn.)	334-6000
Compeer, Inc. (mentoring program for people with mental illness)	546-8280, 546-7959 (TTY*)
Epilepsy Association of Greater Rochester	442-4430
Health Association of Rochester and Monroe County	423-9490
Monroe County Association for Hearing Impaired People (MCAHI)	423-9845 (TDD*)
LDA Life and Learning Services	263-3323
Legal Aid Society Youth Advocacy Program	232-4090
Lifetime Assistance, Inc.	426-4120
Regional Early Childhood Direction Center	275-2263
Respite Cares (a division of Heritage Homes)	381-8065
Rochester Center for Independent Living	442-6470
Rochester City School District (Special Education Training and Resource Center)	262-8646

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

DIVORCE

Separation, divorce and/or remarriage impact children as well as adults. Six out of ten marriages end in divorce today. Separation and divorce hurts... it hurts the parents and the children. This is a difficult time for all family members. It is hard for children to accept that no matter how good they are, how great their grades are, or how bad they act, they don't have any power to make their parents' relationship better or to bring them together. It is also hard for children to understand that even if their parents do not love each other or get along any more, that doesn't change their love for their children.

Reactions and Concerns

Some children react to a divorce with some, or all, of the stages of grief: shock and confusion, denial, anger, guilt, bargaining, and depression. Others do not. Some children, especially the younger ones, believe that they are responsible for the separation; others blame one or both of the parents.

Children's initial concerns are usually about how their lives will be affected by the divorce: where and with whom they will live; whether their name will change; if they will have to take a job; if they can continue buying clothes at a favorite store; who will care for them if something happens to the custodial parent; whether they can still invite friends to their home; whether their friends will think less of them.

When and How to Tell Children

When both parents tell the children at the same time, there is a greater chance that the children will hear the same story. Telling the children separately may create an atmosphere of distrust and secretiveness, may result in children's "comparing notes," and runs the risk of a child being told by a brother or sister.

Parents may not want such an open discussion because they are afraid of showing their feelings of hurt, anger, or bitterness. However, if they feel this way, the children have probably sensed it. If either parent is unwilling to speak to the children together, it is advisable that the other parent give the information. What is important is that children be told regardless of their age. Even one-year olds will notice a change and need to be told.

School Involvement

Some people question whether to tell their child's teacher about what is happening in the family. The teacher can be in a good position to provide support and identify a need for outside help.

Check with your child's school counselor to see if the school offers a support group for young people who are experiencing feelings about divorce, separation and/or remarriage.

Provide your child's school district a copy of any Order of Protection or other Court Order which restricts the non-custodial parent's contact with the child and/or his/her access to information about the child.

Children in the Middle

Using children as a source of information about the other parent, or asking children to pick sides in the parental conflict, poses a conflict for children. Children can feel caught in the middle and this is unfair to them. Out of fear or confusion they may go along with what the parent asks. Many children side with the parent they are with at the time, and then fear that their double-siding will be found out.

Some children use the divorce as an opportunity to win favors, privileges, and presents. Some divorcing parents may be manipulated because they are still angry with one another or feel guilty about the situation.

Some Suggestions for Dealing with Children

Whether you are living with your child or not, you have a responsibility to be involved with your child and to help him/her adjust to the changed circumstances. Children need your support and reassurance that you still love them. Expect them to be angry with you at times and to have mixed feelings.

The following suggestions may be helpful for children whose families are splitting up.

1. Talk to children about what is happening in ways they can understand and with information that is appropriate to their age level.
2. Listen to, recognize, and accept the feelings children are experiencing. Encourage them to share their feelings.
3. Allow kids to remain kids. Be careful not to put them in an adult role.
4. Don't be afraid to seek help for you and your children if you or they are having difficulty with the separation or divorce and its consequences.
5. It is important to set some time aside each day (if only 15 minutes) to be with each of your children, to share your child's day, listen to your child's feelings and give support.
6. If at all possible, try to keep other changes in your child's life, such as school, house, neighborhood, peer group, to a minimum.
7. As difficult as it may be, you need to find time for yourself and your own life, separate from the kids. Satisfaction with your personal life helps your relationship with your kids and their feelings about themselves.

Parent Dating

At some point, separated/divorced parents may start dating. Young people feel differently about this although many agree it's strange to see their mother or father with a different man or woman at first. Some youth want to see their parent(s) meet others and start dating; others may feel scared, jealous, angry or resentful of the person the parent is dating. Some youth believe that this new person may become more important to their parents than they are.

Often, it is just as difficult and strange for parents to start dating as it is for their children to see them dating. Remind children, just as they need friends their age, a parent needs someone his/her age to share and do things with. Share your feelings and thoughts with them.

Step-families

Many young people live in "step" or "blended" families. For some young people their "new family" is an enjoyable one; others struggle with getting used to the situation, and others feel they cannot accept or are not accepted by their new family. This can be a difficult adjustment. Counseling can help improve relationships and communication and help everyone talk about their feelings.

For help with separation/divorce/remarriage and its impact on youth and families, see COUNSELING, page 32.

EATING DISORDERS/WEIGHT PROBLEMS

There is a lot of talk about being healthy these days. Eating light, dieting, aerobic exercise and running are popular ways to keep a body healthy. Helping your child maintain the right weight for his/her body size and build is a healthy thing to do. Eating well-balanced meals in reasonable amounts is the best way to stay healthy.

Eating, or not eating, to feel better about oneself or to avoid feelings, is not healthy. Early warning signs that require further evaluation include **poor eating habits, excessive dieting, vomiting or using laxatives to control weight, a disturbed body image, or conflict with family or friends over eating.**

Anorexia Nervosa is an eating disorder in which people think they are too heavy but they really are quite thin and they try to starve themselves or eat very little because they do not want to gain weight.

Bulimia is a binge eating disorder in which people use excessive exercise, throwing up, laxatives or diuretics as a way of controlling weight.

Some people have a problem with **Compulsive Overeating**. This is a condition in which people eat more and more and become heavier and heavier. Often this kind of eating is not because of hunger, (although people may say or think they are hungry) but for many different reasons such as being upset or worried about something, needing attention or not feeling good about one's self.

Adolescents or young adults with suspected eating problems should contact their primary care doctor to discuss their concerns. If necessary, the doctor may suggest contacting the Adolescent and Young Adult Medical Group at the Golisano Children's Hospital at Strong for further evaluation and treatment. These are professionals with skills in treating eating disorders and training in adolescent health. They provide a comprehensive team of adolescent medicine, nursing, nutrition and mental health professionals to help the individual and the family deal with this difficult problem.

There is a monthly support group, free and open to all family and friends of those with eating disorders, on the third Tuesday of the month, 6:30 to 8:00 pm, in the lobby of Helen Wood Hall, 220 Crittenden Blvd. or visit the website: www.rochestereden.org.

For comprehensive services:

Strong Adolescent Medicine

275-2964

601 Elmwood Avenue, Box 690, Rochester, NY 14642

For information and support:

Anorexia Nervosa and Associated Disorders (ANAD)

847-831-3438

P.O. Box 7, Highland Park, IL 60035

www.anad.org

Eating Disorders Awareness and Prevention (EDAP)

www.edap.org

National Eating Disorders Association (NEDA)

1-800-931-2237

603 Stewart St, Suite 803, Seattle, Washington 98101

www.nationaleatingdisorders.org

EDUCATION

Education is critical to our children's future and the future of our community. Parents, school staff, human service professionals and private businesses all need to support our children in order to help them realize their educational goals.

As a parent or guardian, taking an active interest and encouraging your child in school takes time and energy. Recent studies have shown that youth who have parents that are interested and involved in their learning, do better in school. Being aware of your child's classes and teachers, helping with homework (see Homework Help on page 49), encouraging them to take part in school activities, (i.e. sports, clubs, music) all help to reinforce the value you put on their education. Talk to high school staff about your child's progress. Attend school functions that your child is interested in or participates in. Become a partner in your child's education, not just an observer. Talk to your child daily about their interests, dreams and goals.

The education system can be overwhelming for parents/guardians. Parents may feel uncomfortable or inadequate to question the education of their child. You have the responsibility to see that your child gets a good education. Contact your child's teachers and school administrators if your child is having problems. Also, ask questions, get involved in the PTA or other parent groups, read the school newsletter and notes that come home with your child, take advantage of opportunities to meet your child's teachers at an open house or a school event, or chaperone a school activity.

If you are a professional working with school age children, one of the most important roles you can play is to help build a bridge between the parent and the school. Parents often feel intimidated, and may need assistance in negotiating the education system. Help reinforce what youth are learning in school through activities and services you provide. Cooking can teach measurements and conversions.

As you help a child negotiate the educational maze, you come across terms and procedures that you may not understand. The following outlines a few of the more common ones:

Compulsory Education requires children in NY State to attend a certified school program from ages 6 to 16. A child who turns 5 before December 1st may be admitted to any public school if s/he has proper immunization records, identification, and proof of residency. A child who will turn 6 between July 1 and June 30 must attend school during that school year. Youth who turn 16 during the school year must complete that school year, and those who turn 16 in July or August must attend school the entire following academic year. Youth can stay in school until they are 21 if they are residents of the school district, have not yet received a high school diploma, and are otherwise eligible.

G.E.D. stands for a General Equivalency Diploma. This is granted to a person who has passed a written exam and meets other eligibility criteria prior to taking this exam.

Regents Diploma is awarded once a youth has completed a specific number of courses/credit hours and has passed all regent exams.

Local Diploma is awarded to youth who have completed the basic courses and passed all of the State competency exams.

Committee on Special Education (CSE) ensures that youth identified as disabled and in need of a special education program and/or related services receive free and appropriate public education. The CSE process also applies to youth residing in a residential facility. The intent of the Education of All Handicapped Children Act of 1975 and Chapter 853 of the New York Law of 1976 is to ensure the rights of children, to establish a process to assess the needs of youth referred to the CSE, and to safeguard the rights of children to receive appropriate services in the least restrictive environment.

Suspension is the term used when a youth is prohibited from attending school due to his/her violation of the school rules. Suspension by a principal is short term (no more than 5 days). A student may not be suspended for more than 5 days without the opportunity for a superintendent's hearing. If the student is under 16, the school must provide alternative instruction to the student while suspended.

Residency is the term used to determine whether a youth is entitled to attend a particular school district without payment of tuition.

Sometimes things happen in a child's life that impact upon his/her ability to stay in school. There are many services available to help a youth finish his/her education. Talk with your child's guidance counselor or teacher or call the places listed below for more information.

FOR TUTORING ASSISTANCE CALL:

Baden Street Settlement	325-4910
Boys & Girls Club of Rochester	328-3077
Catholic Youth Organization (CYO)	454-2030
Community Place of Greater Rochester	288-0021
Family Services Unit, formerly Lewis Street	327-7200
LDA Life & Learning Services (formerly Learning Disabilities Association)	263-3323
Puerto Rican Youth Development and Resource Center (PRYD)	325-3570
Threshold Center for Alternative Youth Services, Inc.	454-7530
Urban League of Rochester	325-6530

FOR HELP WITH HOMEWORK, CALL:

Dial-A-Teacher	262-5000
Monday through Thursday, 3:30 pm to 7:00 pm	
Homework Hotline (WXXI, Channel 21 and Cable Channel 11)	
Monday through Thursday, 5:30 pm to 6:00 pm	
LDA Life & Learning Services	263-3323

FOR G.E.D. (GENERAL EQUIVALENCY DIPLOMA) & ADULT BASIC EDUCATION (ABE):

Action for a Better Community	325-5116
Baden Street Settlement House	325-4910
BOCES I (Eastern County) Continuing Education Dept. (18+)	377-4660
BOCES II (Western County) (18+)	352-2400
The Family Place	458-2208 x-16
LDA Life & Learning Services (formerly Learning Disabilities Association)	263-3323
Monroe Community College STAGE Program	262-1683
Monroe Community College 24 Hr Program	292-2200
Peter Castle Family Resource Center	467-8130
Rochester City School District Over twenty locations in the city	262-8327
SUNY Brockport Rochester Educational Opportunity Center (REOC)	232-2730
Threshold Center for Alternative Youth Services, Inc.	454-7530

FOR VOCATIONAL TRAINING:

BOCES 1 Continuing Education Program (18+)	377-4660
BOCES II	352-2400
N.Y.S. Education Department Office of Vocational Rehabilitation and Educational Services for Individuals with Disabilities (VESID)	238-2900 325-6278 (TDD*)
Rochester City School District Apprenticeship Program	262-8327
Continuing & Community Education Program for Adults (16+)	262-8327
SUNY Brockport Rochester Educational Opportunity Center (REOC)	232-2730

This is only a partial listing of the services available to help your child continue his/her education. For individual educational needs, contact the school counselor in your school district.

For more information on G.E.D., SAT, financial aid or vocational training, talk to your child's school counselor or call the library nearest you. (See LIBRARIES on page 52)

If you are unsure of your child's educational rights, you feel s/he has been unfairly treated or discriminated against by the school, or for help with residency, enrollment, or suspension, call one of the following numbers:

LDA Life & Learning Services 263-3323
(formerly Learning Disabilities Association)

Legal Aid Society Youth Advocacy Program 232-4090

Public Interest Law Office of Rochester 454-4060

If you want to get involved with other parents in your child's school, contact your local school district, and/or the **Genesee Valley Parent Teachers Association (GVPTA)**, 395-9840, for listing of local PTA Chapters. If you are in the Rochester City School District, you can also call the **Parents Action Center at 262-8390**.

ROCHESTER CITY SCHOOL DISTRICT IN-SCHOOL STUDENT SUPPORT SERVICES

The Rochester City Schools have partnerships with many community-based agencies to deliver health and social services to students and their families so that youth can succeed in school. Listed below are the types of services that may be available to students. Please contact your school and ask to be connected to the appropriate office number. Phone numbers are listed under "C" for City School District in the White Pages of the local telephone directory.

- **After School programs (in K - 12 schools)**
Rochester After School Academy 428-6366
- **Dental Clinics (in various K - 12 schools)**
- **Drug and Alcohol Counseling (in grade 7 - 12 Student Support Centers and Family Wellness Centers)**
- **Health Clinics (in selected K - 12 schools)**
- **Infant Day Care Services (in grade 7 - 12 schools)**
- **Youth and Family counseling (in grade 7 - 12 Student Support Center and Family Wellness Centers)**
- **Other social services (in grade 7 - 12 Student Support Centers and Family Wellness Centers)**

EMPLOYMENT

Taking on the responsibility of a job is a big step. Earning money is exciting for youth and they may forget schoolwork. As a parent, you will need to help them balance schoolwork and a job. To help a youth get work experience or earn some money before they are ready to take on the responsibility of a job, encourage them to babysit, do yard work or odd jobs, or volunteer. (See VOLUNTEERING on page 88.) Remember that any work they do—paying or non-paying—can help build a work record that will help them get future jobs.

Getting Ready

Before a youth applies for a job, have him/her make a list of work experience, volunteer activities, odd jobs, and of adults who can give them recommendations. S/he will need a Social Security Card and a photo I.D. To get a Social Security Card, they can call **1-800-772-1213, or 263-6847 (TTY*)**. A drivers license, or a picture school I.D. will be accepted as a photo I.D. If s/he doesn't have either of these, go to the nearest Motor Vehicle Office to get a non-driver picture I.D.

If a youth is under age 18, s/he will need to get working papers/work permit. S/he can get the forms at their local high school. A physical will be required. The youth should check with the school to see if the school will do this or if s/he has to go to a private doctor.

Wages and Hours

Minimum wage is \$5.15 per hour. Some employers pay higher than minimum wage or may pay a shift differential (for example: persons working at night may get paid more per hour than those that work days). In some jobs like restaurants, employers can pay less than minimum wage. It is important that the youth ask about pay before taking the job. Youth are also limited as to the number of hours they can work based upon their age, day of the week, and school year vs. summer vacation.

The following chart tells what those limits are:

Age School in session	Job	Maximum Daily Hours	Hours/wk	Days/wk	Permitted Hours
14 & 15	All except farm, newspaper	3 hrs school days 8 hrs other	18	6	7am-7pm
16 & 17	All except farm, newspaper	4 hrs school days 8 hrs other	28	6	6am-10pm
Vacation/Summer					
14 & 15	All except farm, newspaper	8 hours	40	6	7am-9pm
16 & 17	All except farm, newspaper	8 hours	48	6	6am-12am
Not in School					
16 & 17	All except farm, newspaper	8 hours	48	6	6am-12am
Newspaper					
11-18	delivers or sells newspaper	4 hrs school 5 hrs other	no limit		5am-7pm
Farmwork					
12 & 13	Hand harvest fruit & vegetables	4 hours	no limit		7am-7pm 6/21 to Labor Day
14 +	all farm work		no limit		

Once a youth gets a job, s/he will have to fill out a form for the Federal and State governments called a W-4 form. The employer can assist in completing this form. At the end of the year, s/he will have to fill out a form for income tax. In most cases, a youth will get a refund of all or part of the money withheld. Forms can be picked up at the library. (See LIBRARIES on page 52. Also, see EDUCATION on page 40 for a listing of vocational training programs.)

Getting Leads

Here are some of the best ways to learn about job openings. First, have the youth tell everyone that s/he is looking for a job. Most people get leads for jobs by word of mouth. Youth may use other resources, such as the classified section of the newspaper, bulletin boards at schools, libraries, community centers, businesses or government offices, help wanted signs, or the Red Cross Volunteer Directory. There are several industries that typically hire young people, including fast food restaurants, car washes, movie theatres and stores.

Once a teen has identified a lead, encourage him/her to contact the employment office of the company or the manager (if there's no separate employment office) to inquire about the job. Have him/her take to their job interview all the papers needed (Social Security Card, picture I.D., and work permit, if s/he is under 18).

Getting Help

As a parent or a person working with youth, you can assist by: sharing job leads, letting friends and colleagues know that a youth is looking for a job, helping complete a job application form, assisting in writing a resume, and practicing standard interview questions. It is also helpful to share with youth your experiences in seeking and maintaining employment. Youth model what they see. If a youth sees you as a responsible and conscientious worker, the youth will be more likely to be successfully employed.

If a youth needs help in finding a job, suggest s/he start by contacting one of the following:

Arbor Cite (16-21)	288-2010
(The) Center for Youth Learn 2 Earn Program	473-2464
City of Rochester Bureau of Human Services Good Grades Pay Program (ages 14+up)	428-6366
Catholic Youth Organization Rent-a-Kid	546-2440
Job Corps	454-5130
For ages 18+ (ages 16 - 24, income eligible & public assistance) GED preparation, vocational training and drivers training.	
Monroe County Department of Human & Health Services - Employment Unit (only for those who receive public assistance)	530-4499
Native American Cultural Center	442-1100
Rochester Works!	258-3500
Career center for ages 14 - 21 for job readiness skills, gaining & maintaining employment.	
Urban League of Rochester, Youth Build	325-6530

You can also contact the **School to Work Coordinator** in the Rochester City School District at each 7 - 12 grade school.

The American Red Cross offers a 7 hour, one-day certificate **Babysitting Course** for youth 11 years of age and older. There is a cost of \$30.00. The course covers, how to get a job, how to handle emergencies, and what to do while babysitting. The course is given in several locations. Call 241-4434 for more information.

HEALTH CARE/WELLNESS

Wellness means taking responsibility for one's own health by learning how to stay healthy, practicing good health habits and responding to your body's warning signs before something serious happens. People can be healthier, feel better, look better and live longer if they take care of their health today. A person's health depends on many factors. Some cannot be completely controlled, like heredity, sex, environment and age, but others *can* be controlled, including diet, exercise, rest, stress, bad habits and attitude.

Children need to be introduced to practicing good health habits at an early age. Good nutrition habits, hygiene, exercise, and adequate rest all contribute to wellness. Young people can use encouragement, support and education to take responsibility for their own wellness.

Children may need health care services for a variety of reasons. Youth may need a physical exam for sports, a check-up for school, to maintain healthy teeth or to get working papers. Children may just need to see someone when they have a cold, sore throat or other medical problem.

Immunization Law

Immunizing children prevents them from getting certain childhood diseases. New York State Public Health Law - Section 2164 requires that every child present proof of immunization upon entering a school. The chart on page 46 identifies what immunizations are recommended at specific ages or see the New York State Immunization Chart at www.health.state.ny.us/nysdoh/immun/immunization.htm.

Monroe County Health Department Immunizations

Wednesdays, 12:00 p.m. to 7:00 p.m., no appointment needed

274-6151

Costs & Insurance

Most health care providers charge fees. Many health insurance plans cover part or all of the costs. Check what your plan covers. You may be able to receive some health care services free or based upon how much you can pay (often called a "sliding fee scale") from the providers listed below. Check with the clinic about cost. If you have no insurance coverage and are unemployed, you may be eligible for medicaid and or Family Health Plus. Call the **Monroe County Department of Human & Health Services at 292-3960**. If you would like assistance filling out your insurance application, you may contact the **Facilitated Enrollment Program at 613-7662**.

Free or low cost health insurance is now available to young children who do not have insurance coverage. New York State has implemented an insurance program that's designed to keep children healthy. The program, called **Child Health Plus**, provides essential preventive and out-patient services for children up to the age of 19. Children who are enrolled in **Child Health Plus** will be entitled to basic out-patient care that is covered in full, including such services as well-child visits, office visits, dental, vision, mental health, ambulatory surgery, laboratory testing, x-rays, emergency services and insulin. Prescription drugs are also covered.

The cost of enrolling in **Child Health Plus** depends upon family income. For detailed enrollment information and specific costs based on your income and family size, contact **Excellus Blue Cross and Blue Shield Child Health Plus at 1-800-650-4359**, or call Healthy New York's toll free number, **1-800-698-4543**. Representatives will answer questions you may have about **Child Health Plus**. For more information about **Family Health Plus**, please contact Healthy New York's toll free number, **1-877-934-7587** or see the website for more info at: www.ins.state.ny.us/hnyfhpcp.htm.

Parental Consent

Most clinics need parental consent to see a teenager for a medical problem. Parental consent is not needed for testing and treatment of curable sexually transmitted diseases, (i.e. gonorrhea, and syphilis), pregnancy tests, contraceptives (birth control), abortions, or for substance abuse treatment or testing for HIV. Parental consent is needed for treatment of HIV.

Immunization Chart

When Do Children and Teens Need Vaccinations?

Age	Hep-B Hepatitis B	DTaP Diphtheria, Tetanus, Pertusis	Hib Haemophilus influenzae type b	IPV Polio	PCV7 Pneumo- coccal conjugate	MMR Measles, Mumps, Rubella	Chicken-pox Varicella
Birth	X						
1 Month	X						
2 Months		X	X	X	X		
4 Months		X	X	X	X		
6 Months	X	X	X	X	X		
12 Months	*		X		X	X	X
15 Months	*	X			***		*****
4 - 6 Years	*	X		X		X****	
11 - 12 Yrs	*	X**					
13 - 18 Yrs	*						

Were you or your child born in a country where hepatitis B is a common disease? If so, your child should be vaccinated against hepatitis B right away, no matter what his or her age. Don't wait until your child reaches a certain age. Your child is at risk for this disease and needs protection now. Talk to your doctor.

*All children 0 - 18 years of age need 3 doses of Hepatitis B vaccine if they haven't already received them.

**Td is given at age 11 - 12 if at least 5 years have passed since the last dose of DTaP/DTP.

***Children 16 - 59 months of age who have not been vaccinated may need 1 or 2 doses of PCV7. Talk to your health care provider.

****MMR #2 is given at 4 - 6 years of age. If dose #2 was not given at 4 - 6 years of age, it should be given at the next visit.

*****Children 12 months of age through 12 years of age (who have not had chickenpox or have not been previously vaccinated) need 1 dose. Children 13 years of age and older (who have not had chickenpox or have not been previously vaccinated) need 2 doses given 4 - 8 weeks apart..

Talk to your health care provider about whether your child needs other vaccines: hepatitis A, influenza, Lyme disease, or pneumococcal polysaccharide vaccine. Certain children are at risk for

these diseases and need to be immunized against them.

Emergency

If you have an emergency at night or on the weekend, contact your doctor first (if you have one) or the hospital nearest you if you have no doctor. See HOSPITALS at the bottom of pg. 59.

In case of accidental **poisoning** or **medical emergency** call:

LIFE LINE

275-5151 (24 hrs)

275-2700 (TTY*)

Monroe County Department of Children and Family Services (585) 530-KIDS (5437)
Programs offered to children and families. Included are Early Intervention Services, the Community Health Worker Program, Family Bereavement, WIC, Pediatric and Adult Immunizations, School Health, Lead Poisoning Prevention, Education for Children with Disabilities and Children with Special Health Care Needs. Call for more information. 530-5436 (TTY*)

The following provide health care for adolescents including some counseling services.

Anthony Jordan Health Center	423-5800
Family Health Center at Enrico Fermi School #17	436-9224
Highland Hospital-Family Medicine Center	442-7470
Highland Hospital, Rochester Adolescent Maternity Project (RAMP)	275-2060
Mercy Outreach Center	288-2634
Oak Orchard Community Health Center (Brockport)	637-5319
Rochester General Hospital, Center for Children & Youth	922-7250
Threshold Center for Alternative Youth Services, Inc.	454-7530
Westside Health Services	
Brown Square Health Center	254-6480
Woodward Health Center Teen Center	436-3040
Women's Health Center (Obstetrics/Gynecology)	266-3888

The places listed below provide dental health services. Call for more information:

Anthony Jordan Health Center	423-5887
Eastman Dental Center (Strong Health)	275-5051
MCC-Dental Hygiene Clinic	292-2045
Oak Orchard Community Health Center (Brockport)	637-5319
Westside Health Services	
Brown Square Health Center	254-6480
Woodward Health Center	436-3040

For pregnancy counseling:

CARE (a service of Catholic Charities USA) 8 am to 10 pm every day	1-800-CARE-002
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886

HOMEWORK HELP:

TIPS FOR STUDENTS AND FAMILIES

1. Be prepared for school

Being prepared is the first step to success. Keep a supply of paper, pens and pencils at home so your child can bring them to school and use them for homework. Check with the teacher to see if there are specific supplies needed for the year.

2. Prepare a quiet space for homework

Set aside a quiet, well-lit place where your child can study and do homework without being disturbed. When this is not possible, your local library is the perfect spot.

3. Read!

Read to your children and encourage them to read every day. Make books a part of every holiday and birthday list. Set a good example: let your children see you reading.

4. Stay in touch with the teacher

Parents are welcome in every school. Make an appointment to visit or talk with your child's teachers—you don't have to wait for them to contact you. Ask for a copy of the school handbook or rules, and find out what is expected of your child.

5. Know your school district

All school districts provide families with a calendar containing important dates and information on policies, procedures and more. Homework guidelines and parent involvement tips are often included. If you haven't received a copy, contact your child's school.

6. Visit your public library

The public library is your best source of information. Visit the one in your neighborhood. Most libraries have computers which students can use to do research and type assignments. And librarians are always willing to help point you in the right direction.

7. Take advantage of our city

Rochester and the surrounding area offer a variety of resources that can add a new dimension to learning. Take your children to local museums, historical sites, the zoo, parks, libraries and performance theaters to encourage an enjoyment and love of learning.

8. Learn from life

Younger children can learn a lot from the people and things around them every day. Call their attention to newspaper articles, street signs and billboards, and discuss what they mean or represent. Use one-on-one time to talk with your children and teach them new things. Share your excitement and interests.

9. Use after-school time productively

Find out about after-school homework programs at school, tutoring at church, recreation center activities and services offered by neighborhood associations and settlement houses.

10. Keep track of assignments

Encourage your child to write down each day's homework and to keep track of long-term assignments and their due-dates. Check to see that homework is completed each day. If your child does not have homework for more than a day or two, call the teacher.

11. Watch "Homework Hotline" on WXXI-TV

Students and parents can receive help with homework by watching this call-in show on WXXI (Channel 21, cable channel 11). The show is broadcast Monday through Thursday, 5:30 to 6:00 pm.

12. Call Dial-a-Teacher, 262-5000, Monday through Thursday, 3:30 to 7:00 p.m.

Need help with homework? Any subject, any grade? Call Dial-a-Teacher!

Homework Help is provided by Greater Rochester's Promise

THE LAW AND YOUR CHILD

In New York State, we have two separate systems of justice: civil and criminal. Which system a young person becomes involved with depends upon age and in some instances, the act that s/he is alleged to have committed. The JUVENILE JUSTICE system applies to youth up to age 16 and for a PINS up to 18. In some instances, if a youth is alleged to have committed a serious felony, i.e., murder, s/he can be charged as an adult and the case will proceed through the criminal justice system. In New York State, all criminal cases of youth age 16 or older, will proceed through the CRIMINAL JUSTICE system. If you are the parent of a young person (under the age of 21), you can be held liable for damages or injuries caused by your child.

Criminal Law

Each state has particular criminal laws to deal with acts committed by youth and adults. If a youth under the age of 16 commits an act that that would be considered a crime if committed by an adult (someone 16 and older), the youth is called a JUVENILE DELINQUENT. A criminal record can affect a youth later in life. If a person has a record, s/he may not be accepted by some schools, branches of the armed forces, or employers. What you or your child might think is a harmless prank or “no big deal”, could have consequences in his/her future.

If a youth is picked up by the police, s/he can either be issued an appearance ticket (notice of when and where to appear, similar to a traffic ticket) or be taken into custody. If a youth is taken into custody, s/he will be taken to either the Children's Center (Secure Detention) or Non-Secure Detention. These facilities will hold (detain) the youth until s/he appears before a judge in Family Court on the next day that the court is in session. The judge must decide whether to hold the youth in detention while the case proceeds through Family Court or to return the youth to the parent(s) or guardian. If the youth is given an appearance ticket, s/he and the parent or guardian will receive a letter from the Monroe County Office of Probation and Community Correction's Juvenile Intake Unit telling them when and where to appear. If the youth and parent or guardian do not report to Probation for the interview, a warrant for the child may be issued by Family Court. The purpose of the interview is to determine if a youth is eligible and suitable for diversion services in lieu of court intervention. If a youth is determined eligible and suitable for diversion, the probation officer will conduct a more in-depth assessment, identify problem areas and services to address those areas and develop a plan. Diversion services can be provided for up to 4 months. If a youth is not eligible for diversion services, Probation will refer the case to the Presentment Agency for petitioning to Family Court. Cases where the youth is found guilty may result in the youth being given a warning and/or conditions for behavior by the judge (Adjournment in Contemplation of a Dismissal {ACD}, Conditional Discharge {CD} or a Suspended Judgement), placed on Probation for a period of time, asked to pay restitution, or placed out of the family home.

If the individual is 16 or older, or in special circumstances for youth under 16, as noted above, the case will be handled in the criminal justice system. Depending upon where the alleged activity took place and the severity of the offense, the case may be heard in town or village court, City Court, County Court, Supreme Court or Federal Court. Penalties for adults include fines, community service sentencing, restitution, warnings, special conditions, probation, jail time, prison, or a combination of these.

If a young person, or someone the young person is with, is stopped or picked up by the police, here are things s/he needs to know.

- Do not resist arrest. The most important thing to do is cooperate—attitude and cooperation will have a direct effect on how s/he is treated.
- A youth does not need to say anything to the police in answer to their questions without a parent

present (if under 16) and/or advice from an attorney. A youth will be asked to give the police his/ her name, address, phone number, date of birth, parent or guardian's name and how to reach them. Beyond this, a youth does not have to volunteer anything.

- A youth does not need to sign anything without advice from parents (if under 16) or an attorney.
- If a youth gives permission to any search, s/he is consenting to the police to fully search them.
- A youth charged as a juvenile delinquent has a **right to a lawyer**. Family Court will appoint a Law Guardian to represent the youth. A youth charged as an adult will be appointed a lawyer, if she/he cannot afford one.
- A youth should ask the police to call his/her parents or some other adult.
- As a parent, you will be expected to provide legal counsel for your child if you can afford to.

Status Offense

In New York State, if a youth is under the age of 18 and shows a pattern of disobedience, running away, curfew violations, drug or alcohol abuse, or severe school truancy, s/he can be brought to the attention of the Juvenile Justice System. The term used to describe these youth are *Persons in Need of Supervision* (PINS). Most PINS complaints are made by the parents or school districts. To make a complaint you must have specific allegations, including information on when the behaviors occurred. You do not need police reports but may need school attendance records. A probation officer is available to accept telephone inquiries or return calls daily, Monday through Friday. The officer will discuss the situation, make referrals, or schedule appointments. If you want to file a PINS or want more information about PINS, call the **PINS InfoLine at 428-2250** and leave your name, telephone number and best time to reach you. A Probation Officer will call you back. All PINS cases must be reviewed by Probation Intake to ensure that they are eligible for service and to conduct assessment and planning. The process may take two to three hours and includes a complete family history. In some cases Probation will ask that your child be seen for other evaluations. Probation Intake can supervise cases for up to six months. Youth may receive the following from Probation: assessment, supervision, counseling, evaluation, advocacy, respite housing or other services—often free of charge. Most PINS cases are resolved at Probation and do not go to court. New York State law requires that every effort be made to avoid court. In those cases which do go to court, the youth may be given a warning and conditions by the judge, be placed on probation supervision for one year, or placed out of his/her home. If a case does go to court, the law requires both parents be notified, even if they do not live together.

Legal advice cannot be given over the phone. For information and referral for legal services, call **The Legal Connection** at 295-5670. You can also call the following for more information:

Center for Dispute Settlement	546-5110
Genesee Valley Chapter of New York Civil Liberties Union	454-4334
Legal Aid Society of Rochester	
Youth Advocacy Program	232-4090
Monroe County Office of Probation & Community	
Corrections - PINS Info Line	428-2250
Monroe County Public Defender's Office	428-5210
(Criminal Only)	
Volunteer Legal Services Project	232-3051

LEGAL RESPONSIBILITIES OF PARENTS AND YOUTH

Parenting brings with it a number of legal responsibilities to ensure the health, safety and care of your child. As a parent, you are legally responsible to provide for food, shelter, clothing, education and adequate medical care to ensure the safety and well-being of your child. The following outlines some of the key legal responsibilities.

Education

In New York State, the law requires that a youth be in attendance in an approved/licensed educational program from the beginning of the school year in which the student turns 6 to the end of the school year in which s/he turns 16. After completing the school year in which s/he turns 16, s/he has a right to decide whether or not to continue in school. If a child chooses to leave school, but a parent wants the child to remain in school, the child has the legal right to decide. A child is legally allowed to stay in school up to age 21 if s/he has not received a high school diploma or is otherwise ineligible. Attending school at age 5 is optional.

Alcohol

It is against the law to serve or permit liquor to be served to minors (under 21) anywhere, including in the home. Anyone who is over the age of 16 and helps a minor to obtain alcohol can be charged with a felony crime punishable by imprisonment and/or a fine.

Financial Responsibility

Parents are legally responsible for the financial support of their child until the child reaches their 21st birthday. If parents are unwilling or unable to financially support their child, they or the child may apply for public assistance. (See BASIC NEEDS page 27).

If your child damages property or injures another individual, you can be held financially responsible for costs incurred by the victim and or the victim's family.

Leaving Home

Parents are legally responsible for the care of their child until his/her 21st birthday. Parents may seek to file a PINS on a son or daughter up to age 18 who is habitually away from home without permission.

Contracting

If a youth under the age of 18 signs a contract (i.e., to purchase a stereo, buy a car, rent an apartment) it may not be legally enforceable against the minor. It is for this reason that most people will require an adult co-signer when entering into a contract with a minor.

Draft

The law requires that all males register for the draft (Military Service) within 30 days of their 18th birthday. A young man may register for the draft at any United States Post Office. As of 1992 there is no draft. However, if there is one and a young man is drafted, he will have 10 days to appeal.

If a youth thinks he has religious or moral objections to military service, he needs to understand what his rights and responsibilities are. Draft counseling is available through some churches.

For information and referral on the issues above, the following may be helpful:

The Legal Connection	295-5670
Monroe County Legal Assistance Corporation	325-2520
Legal Aid Society of Rochester	
Youth Advocacy Program	232-4090
Volunteer Legal Services Project	232-3051

LIBRARIES

Children can benefit creatively, emotionally and educationally by being introduced to the local public library at a very early age. Public libraries provide free services to young people. There are books on everything from rap music to romance, from working on cars to traveling in space, from raising puppies to making pizza. There are also many special programs for children and teens. There are also Internet/Computer Training Classes. *Encourage and support* your children or youth you know to use our public libraries. Libraries also have magazines, newspapers, computers, films, video cassettes, records and artwork.

Hours vary by location and time of year. Call the individual library for specific hours and services/programs available.

Rochester Public Library	428-7300, 428-8023(TDD)
Call for Hours:	428-8440
Website:	www.libraryweb.org
City Branches:	
Arnett	428-8214
Charlotte	428-8216
Highland	428-8206
Lincoln	428-8210
Lyell	428-8218
Maplewood	428-8220
Monroe Avenue	428-8202
Sully	428-8208
Wheatley	428-8212
Winton	428-8204
Town Libraries	
Brighton	784-5310
Brockport - Seymour	637-1050
Chili	889-2200
East Rochester	586-8302
Fairport	223-9091
Gates	247-6446
Greece Public Library	225-8951
Barnard Crossing	663-3357
Hamlin	964-2320
Henrietta	359-7092
Story Line	334-6670
Irondequoit	
East - Helen McGraw Library	336-6060
West - Pauline Evans Branch	336-6062
Mendon	624-6067
Ogden	352-2141
Parma	392-8350
Penfield	340-8720
Pittsford	248-6275
Janes Branch	248-6244
Riga	293-2009
Rush	533-1370
Scottsville	889-2023
Mumford	538-6124
Victor	924-2637
Webster	872-7075

OUT OF SCHOOL YOUTH

Moving Forward

Quality of Life

Having an education—a high school diploma, an associate degree, vocational training, a four year college degree, business school skills, or computer training—is an important step in determining the quality of your childrens' lives, in opening opportunities for them to make the kind of life they truly want. The amount of education and training they have will directly effect how they live day to day, influencing the places they live, their clothing, friends and colleagues.

There are many reasons education can be interrupted—health problems, family concerns, untimely moves, new job demands, too many bills to pay, and simply drifting off track. These interruptions are not permanent. Encourage your out-of-school youth to reconnect!

Keep Moving Forward!

Help your teen to focus on moving forward, to sidestep past decisions and make fresh ones. Don't let the past get in the way!

In order to return or reregister for middle school, you or your child must call the school last attended or the school closest in your neighborhood. If the school is a middle or high school, ask to speak to the guidance office. Leave a message with a number where you can be reached or ask for a time when you can call back. If you don't get a return call, try again. Be determined!

If you live in the City of Rochester, please call the Rochester City School District's Student Placement/Affairs Office at **262-8277**.

For Rochester City School District programs for adults and youth ages 17 and up; for GED, pre-employment support, job training, work experience, and job placement, call:

**Rochester City School District
Department of Workforce Preparation**

262-8322

For help with residency, enrollment or suspension, call:

Legal Aid Society Youth Advocacy Program

232-4090

For a listing of GED programs and vocational training, see pages 42-43.

Also see Homelessness, page 69.

PARENTING

Being a parent can be very rewarding and fulfilling, and at the same time be one of the most challenging and demanding experiences that many of us will ever undertake. Although many jobs require training and educational preparation, there are no prerequisites for being a parent. Most of us received our only “parenting training” from our own childhood, whether it was positive or negative. The media provides ample opportunities to scare parents and make us fearful about all the negative things that our children could become involved with. It is more common to hear a list of negative things to watch for in your children than to learn about the positive behaviors and experiences required in order for them to grow up healthy and successfully. The Search Institute has identified 40 Assets (building blocks) that help children grow up healthy. (See 40 ASSETS on page 8.) Take a few minutes to go through the list to see how many assets you think your child has. Talk with your child about these assets and ask which s/he is experiencing. Seek out opportunities, supports and services that can provide your child with these assets. Also, many organizations in the community provide seminars or workshops on parenting. Take advantage of opportunities that support your ability to parent effectively and positively.

Some Helpful Parenting Hints

1. Tell children what they CAN DO instead of what they CAN'T DO. Focus on DO'S instead of DON'TS.
2. Take advantage of every opportunity to praise, recognize and support your child in activities and positive behaviors. Let children know you appreciate them and the positive things they do in the family.
3. Know who your child's friends are and where they are going and what they are doing at all times.
4. Take advantage of “teachable moments” through TV shows, news reports or headline articles that may provide an opportunity for you and your child to talk about real life situations, choices and values. Seek to understand your child's perceptions and ideas, and discuss the values, standards and beliefs that are important to you and your family.
5. Be available to your children when they want to talk. Let them know you will make time for them.
6. Make time to spend with each of your children on a regular and consistent basis. Build in family time and activities, no matter what age. Children and teens need the ongoing support and involvement of their families in their lives.
7. Provide children safe, clear limits and boundaries they can understand.
8. Be clear and consistent about the rules and expectations within your family. As children get older, revise rules and expectations so they are age-appropriate. Seek participation from older children and teens in setting expectations.
9. If children break the rules, allow them to experience logical and appropriate consequences for their actions. It is helpful when children know what the consequence is for breaking family rules.
10. Refrain from physical punishment and demeaning or cutting verbal language.
11. Protect and preserve children's feelings, self-respect, self-esteem, and sense of security and safety.
12. Listen to what your children say. Show them you are listening through body language and eye contact. Communication is key to staying in touch with their lives, viewpoints and experiences. Refrain from labeling their opinions and ideas as foolish, stupid or wrong. We cannot influence our children if we discourage them from talking openly with us.
13. Ask your kids every day about what they are doing and thinking.

14. Limit time spent watching TV, playing computer games, or in Internet activities.
15. Encourage reading for pleasure.
16. Let your children know often that you love them. Show affection. If you have kids at the age when gestures of affection are not "cool," think of other ways to show affection, or arrange for a hug when peers and siblings are not around.

The following community resources offer a variety of parenting services. Please call for specific services offered, schedules and fees.

Big Brothers/Big Sisters of Rochester (Community Partners for Youth)	442-2250
Catholic Family Center	546-7220
(The) Center for Youth	271-7670
Crestwood Children's Center	429-2700
Cornell Cooperative Extension	461-1000
EPIC - Every Person Influences Children (A program of the Health Association)	436-9705
Equal Rights for Fathers - Rochester Region	621-3330
Family Resource Centers of Rochester (FRCR)	
Calvary St. Andrews Family Resource Center (SE)	232-1176
The Family Place (NW)	458-4100
Southwest Family Resource Center	436-0370
The Miriam Center (Charlotte)	663-2930
Peter Castle Family Resource Center (Joseph Avenue/Avenue D)	467-8130
Greece Youth Bureau	663-0200
Hillside Children's Center	256-7500
Ibero-American Action League Parenting Groups	256-8900
Jewish Family Services of Rochester Inc.	461-0110
Mt. Hope Family Center	275-2991
Mental Health Association, Better Days Ahead (parenting programs)	325-3145
Mercy Residential Services (formerly Melita House)	254-2175
Metro Council for Teen Potential	325-8123
Mother of Twins Support Group (call LIFE LINE)	275-5151
	275-2700 (TTY*)
National Center for Missing and Exploited Children	242-0900
Parents Without Partners	
Fairport Chapter	251-3647
Westside Chapter	234-2689
Parents and Friends of Lesbians and Gays (Parents F.L.A.G.)	234-0156
Rochester Association for the Education of Young Children (RAEYC)	244-3380
Society for the Protection and Care of Children (a member of Project CONECTS)	325-6101
Strong Memorial Hospital Family and Marriage Clinic	275-8321
Tough Love (call LIFE LINE)	234-1836 or 1-800-333-1069
Urban League of Rochester Parent Support Groups	325-6530
YWCA Women's Resource Center (a member of Project CONECTS)	546-7740

In addition to the agencies listed, please contact your local school district, PTA Association, neighborhood community center, your pediatrician and/or family doctor, and/or your local church for parenting classes and/or support groups that may be available.

PEER PRESSURE

No matter how old they are, people care what others think about them. When youth are just starting to make decisions for themselves, the influence of their friends and people their age—their peers—can be powerful. As most parents are aware, it can affect how youth feel, dress and act. Peer pressure is when friends try to influence them to say or do something, even if they don't want to. They feel they need to do it so they can stay friendly with their peers, “fit in”, or belong to a particular group.

Peer pressure can be positive or negative. Positive pressure from peers might lead a youth to play sports, study hard or join clubs. But there are often negative pressures too—to make fun of someone, to tell a lie or to cheat on a test. Sometimes the pressure may be about actions that have more serious results, such as skipping school, using drugs or alcohol, shoplifting, having sex before they are ready, or joining gangs.

It is important to let youth know that you understand their need to have friends and feel like they fit in. At the same time, it is important to discuss the possible problems/consequences that going along with the crowd can cause. Encourage them to think about the possible consequences prior to joining in and reinforce their right to say to peers “that’s not what I want to do”. Young people who feel good about themselves are more confident about disagreeing with peers, and making up their own minds.

There are different kinds of peer pressure for youth. It can come across as friendly teasing or it can be more forceful. Help your child or youth to come up with a list of behaviors they can try to use to handle peer pressure. Some possible suggestions may include:

- change the subject
- avoid the situation
- have something else to do
- leave, or make it clear that you do not have to go along with other people to have a good time

Let youth know that when peers see them stand by their decisions, it may help their friends to better deal with peer pressure.

If you believe your child is having a problem dealing with peer pressure and you’re not sure what else to try, see **COUNSELING** on page 32.

PREGNANCY

It is very important for a young woman to have someone to trust and offer support when she is facing the possibility of being pregnant. This may be a parent, a counselor, an adult friend or a peer. If a young woman thinks she is pregnant, it is important to have a pregnancy test in a medical setting. The young woman will need to speak with someone who can support her to receive the medical attention she needs, and later to problem-solve with her if the pregnancy test is positive.

As a parent or adult, it is important for you to be calm and supportive. This is not a time to place blame, be judgmental, seek sympathy, or punish. Counseling and support services are available whether the pregnancy test is positive or negative. Discussion and effective problem-solving can prevent an unwanted pregnancy in the future. (See SEXUALITY and BIRTH CONTROL page 72).

Pregnancy testing and counseling are available at the following clinics. Parental permission is not required. Call for hours, cost (if any), and to find out if an appointment is needed:

Anthony Jordan Health Center, Family Planning Program	423-5800
Birthright of Rochester (to continue pregnancy)	385-2100
East West	328-8700
CompassCare Pregnancy Services Helpline	232-2350
Genesee Health Services Adolescent Maternity Program	922-8585
Healthy Start Rochester	436-7827
Highland Hospital, Family Medicine Center	442-7470
In-Control	328-3408
Oak Orchard Community Health Center (Brockport)	637-5319
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886
Strong Memorial Hospital, Women's Health Services	275-2691
Threshold Center for Alternative Youth Services	454-7530
Westside Health Services	
Brown Square Center	254-6480
Woodward Health Center-Teen Center	436-3040

Prenatal Care

Anthony Jordan Health Center, Family Planning Program	423-5800
Baby Love/REEP (Support services to help get medical care)	266-0021
Genesee Health Services Adolescent Maternity Program	922-8585
Healthy Start Rochester	436-7827
Monroe County Department of Health, Community Health Worker Program	530-5437
Monroe County WIC (Supplemental Nutrition for Women, Infants & Children)	464-6486
Rochester General Hospital Young Adult Pregnancy Program	922-4200
Highland Hospital, Rochester Adolescent Maternity Project (RAMP)	275-2060
Threshold Center for Alternative Youth Services, Mom Care	454-7530
Westside Health Services, Woodward Health Center - Teen Center	436-3040

Pregnancy Counseling

CARE (a service of Catholic Charities USA) 8 am to 10 pm every day	1-800-CARE-002
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886

RAPE OR SEXUAL ASSAULT

Young people need to receive information about rape and sexual assault. There is still a great deal of misunderstanding about this topic. Rape, sexual assault or the attempt to do either is a violent crime against an individual. It is not an act of passion. The rapist can be anyone—a neighbor, a date, a friend, a relative or a stranger.

If someone you know forces you to have sexual intercourse or other sexual contact against your will it is called acquaintance rape. When this happens in a date situation, it is also called *date rape*.

No one has the right to pressure or force anyone to have sex even if:

- his/her dinner or night out has been paid for
- s/he has had sex before with this person
- s/he flirts with the person
- s/he agrees to have sex and then changes his/her mind

Reinforce your teens' sense that they have the right to say no to anyone who tries to touch them in any way which makes them uncomfortable. If a person will not leave them alone, they need to try to get away as soon as possible. If someone is raped, it is *not his/her fault*. S/he is the victim, not the criminal.

If someone is raped or sexually assaulted s/he needs to:

- Get to a safe place.
- Call his/her parents or a trusted friend, or call the **Rape Crisis Service, 546-2777**.
- NOT shower, bathe, douche, wash hands, brush teeth, use the toilet, change clothes or eat or drink anything. As hard as it may be not to clean up, important evidence may be destroyed by doing any of these things.
- Get medical attention as soon as possible to determine whether or not there are internal injuries. Also, there may be a need for follow-up medical care in case of sexually transmitted diseases or pregnancy. The best place to go to is the hospital emergency room since the staff has been trained to help rape victims.
- Try to remember or write down where it happened, when, what the person looked like, and what clothing was worn. This information will help in talking to the police.

The doctor can help involve the police if the victim wants to. Contacting the police does *not* mean the victim has to prosecute. It is important to make a police report in case the victim decides to take future action.

The victim of an assault needs to have people to talk with about feelings—people who will listen for as long as it takes. Support of family is important.

The following numbers can be called any time, day or night, for help or information about what to do. Don't be afraid to call for information or help for someone.

Rape Crisis Service	546-2777 (24 hrs) 546-7582 (TTY*)
LIFE LINE	275-5151 (24 hrs) 275-2700 (TTY*)
Police Emergency	911

The **emergency rooms (ERs)** of our local hospitals provide services to rape victims.

Safe Center at Strong (16 years old and up)	275-4551
Strong Hospital	275-4551
Rochester General Hospital–ViaHealth	922-4000
Park Ridge Hospital–Unity Health System	723-7000
Highland Hospital	341-6880
Lakeside Memorial Hospital	637-3131

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

REFUGEE/IMMIGRANT RESOURCES

Respect for all people, no matter what their racial, ethnic or religious backgrounds, must be encouraged in our community among both adults and children. People may be frightened or uncertain with an influx of new neighbors. Many immigrants and refugees come from cultures that we may not know much about. Increasing intolerance of diversity is developing at an alarming rate in our society, in our neighborhoods. Few, if any, segments of our community do not feel the effect of prejudice and discrimination on a daily basis.

For recent immigrants and refugees, the struggle with American culture, employment, education, housing and food, is often overwhelming and frustrating. It is further complicated when there are language and culture barriers that affect their ability to successfully adjust.

Most immigrants and refugees will be involved with a program specifically targeted for them upon their arrival here. They may need to access existing community services for specific needs. In these situations, existing providers may not feel knowledgeable or comfortable enough to be able to work with this individual or family.

The following is a list of resources to either refer the child or family to or contact them directly for assistance in enabling you to work with the child or family.

Catholic Family Center's Refugee Services **232-7075**

Program services primarily targeted to refugees/asylees.

They work with Ukrainians, Bosnian, Former Soviet Union, Eastern Europeans, Haitians, Cubans, African, Somalian, Sudanese, Libertarian, and Middle Eastern as well.

They have the following language resources: Bosnian, Cuban (Hispanic), Somalia, Ukrainian, Arabic, Farsi, and Former Soviet Union.

Language resources are not available for all situations; however, please contact them and they will meet your needs or refer appropriately.

Catholic Family Center also has a new immigration program:

Immigration Assistance Program (IAP) **262-7185**

Family Learning Center **262-8000**

Project provides pre-school services, job club, bilingual counseling, support groups and English as a second language. They work with the following language resources: Russian, Vietnamese, Lao, Ukrainian and Chinese (several dialects).

If a youth needs assistance with school residency & enrollment call:

Legal Aid Society Youth Advocacy Program

232-4090

RECURSOS PARA LA COMUNIDAD HISPANA

RESOURCES FOR THE SPANISH SPEAKING COMMUNITY

INTRODUCCION

Como padres y proveedores de servicios para nuestros jóvenes, continuamente estamos enfrentando los retos, las frustraciones y también las alegrías que trae consigo la responsabilidad de ser padres. Durante el transcurso de la vida de nuestros hijos, confrontamos situaciones de crisis e indecisión que de una manera u otra afectan la vida nuestra y la de nuestros hijos. Esta realidad la sentimos más cerca en un mundo como el de hoy, donde el cambio es rápido y drástico. La nueva tecnología y su influencia en varias áreas de la sociedad, especialmente en los medios de comunicación, han traído una serie de retos para la familia moderna. El surgimiento de una diversidad de estructuras de familia es también producto de un mundo complejo en transición. Este ambiente social ha impactado enormemente el papel que desempeñamos como padres y la manera en que criamos a nuestros hijos.

La Guía para Adultos sobre los Servicios para Jóvenes en el Condado de Monroe es un recurso escrito especialmente para padres y adultos. Hoy, con los muchos conflictos a que se enfrenta la juventud, los padres y otras personas interesadas en ayudar a los jóvenes, tratan de buscar respuestas adecuadas para proveer un servicio efectivo a nuestros jóvenes.

La Guía para Adultos sobre los Servicios para Jóvenes en el Condado de Monroe se concentra en temas críticos y ofrece información sobre servicios importantes en nuestra comunidad. También provee los números telefónicos para llamar en casos de crisis o de emergencias.

Esta guía se origina con el propósito de brindar información que le ayude (como padre y adulto) a tomar decisiones apropiadas sobre el tema deseado.

Actualmente esta guía no ofrece información sobre todos los servicios que existen en la comunidad. Es más bien un inicio o comienzo para asistir a padres y personas interesadas en ayudar a nuestros jóvenes, en sus decisiones y retos en un mundo complejo.

En la parte trasera encontrará un lugar para escribir nombres y números de personas que han sido de ayuda y, que tal vez, quisiera llamar de nuevo.

RESUMEN INFORMATIVO SOBRE LA AGENCIA (BURO) DE JOVENES DEL CONDADO DE MONROE - ROCHESTER

La Guía para Adultos sobre Servicios a Jóvenes en el Condado de Monroe, es producida por la "Agencia (Buro) de Jóvenes del Condado de Monroe - Rochester". Esta es una agencia encargada de planificar, coordinar y proveer fondos para servicios públicos a los jóvenes. La misión primordial del Buro es el desarrollo, implementación y evaluación de un sistema extensivo o general sobre los servicios brindados a la juventud del Condado de Monroe y Rochester.

Esta organización está seriamente comprometida a brindar los mejores servicios disponibles, y por tal razón:

- Ayuda a planear y coordinar servicios para jóvenes.
- Evalúa las necesidades de los jóvenes para determinar la prioridad de fondos.
- Promueve la asociación con otras agencias para proveer servicios comprensivos.
- Evalúa y supervisa los programas que reciben fondos del Buro con el propósito de asegurar servicios eficientes y de calidad para nuestros jóvenes.
- Coordina servicios para jóvenes que están sin hogar o han huido del hogar.
- Coordina Servicios de Justicia Juvenil para jóvenes.

- Estudia/examina diferentes segmentos del sistema de servicios y áreas que afectan a los jóvenes.
- Aboga para la legislación, cambios de sistemas y por fondos para mejorar y asistir el sistema de servicios a la juventud.

También auspicia el Proyecto de Participación de Jóvenes, cuyo propósito primordial es el desarrollar las destrezas de liderato y concientización en los jóvenes para ayudarlos en su involucramiento activo en asuntos importantes de la comunidad. A través de este proyecto, se provee la oportunidad a los jóvenes de contribuir con sus ideas y sugerencias en comités de comunidad, en la Junta de Directores de diferentes agencias de servicios a jóvenes, y en actividades especiales de comunidad donde se comparte la perspectiva de los jóvenes.

Para más información llame: Buró o Agencia de Jóvenes del Condado de Monroe-Rochester al 274-6823.

COMO LLAMAR PARA INFORMACION

Cuando llame para información acerca de los servicios, use esta simple guía. Tenga a la mano, papel, bolígrafo o lapiz para que apunte el nombre, teléfono y la información que necesite saber. Por ejemplo; cuando será su cita, o que necesitara llevar con usted.

Guía de preguntas básicas:

- ¿Quién es la persona con quien debo hablar?
- ¿Cuánto cuesta?
- ¿Cuál es el horario?
- ¿Qué servicios proveen?
- ¿Necesito una cita?
- ¿Qué necesito traer? (certificado de nacimiento, tarjeta de seguro médico)
- ¿Dónde están localizados?... dirección, número de la oficina?

Si la persona con quien usted necesita hablar no esta disponible, deje su nombre, número del teléfono y mensaje o pregunte cuando usted puede llamar otra vez. Si no le llaman o tiene dificultades en comunicarse con la persona interesada, siga tratando o LLAME A OTRA AGENCIA.

NUMEROS IMPORTANTES

Cuando no sepa a quien llamar, **LIFE LINE** está disponible las 24 horas, siete días a la semana, para información y referido sobre servicios en nuestra comunidad. También ofrece consejería confidencial -por teléfono sobre emergencias médicas, suicidio y control de envenenamiento.

A. Números de Emergencia (de 24 horas):

- Life Line y/o control de Envenenamiento

275-5151
1-800-310-1160
275-2700 (TDD*)
911 (TDD*)
232-7353 (TDD*)
461-5690
1-800-342-3720
546-2777
1-800-527-1757
546-7582 (TDD*)

- Policía/Fuego-Emergencia
- Alternativa para Mujeres Maltratadas
- Abuso de Menores
o llame al Hotline
- Servicios de Crisis para Víctimas de Violación Sexual

B. Información y Referido:

- Bebés saludables - hotline (referidos para pruebas de embarazo y servicio prenatales) 1-800-522-5006
- Life Line 275-5151 (24 hrs)
- Línea de Ayuda sobre Drogas del Condado de Monroe (operado por Life Line) 275-0505 (24 hrs)
- Centro de Re-transmisión del Estado de N.Y. 1-800-662-1220
(Retransmisión telefónica gratis para sordos) 1-800-421-1220 (TDD*)

- Centro de Recursos para Mujeres (YWCA)

546-7740

*TDD es un sistema de comunicación para sordos.

CENTROS HISPANOS

IBERO: La Liga de Acción Hispana Americana le ofrece servicios a la comunidad hispana en varias áreas:

- Abogacía a personas en derechos y como obtener acceso de igualdad a gobierno, servicios de agencias, instituciones de salud y otros servicios.
- Servicios de familia y cuidado de niños 18 meses a 5 años de edad.

NUMERO S A LLAMAR:

817 Main Street

256-8900

938 Avenida Clifford

336-2005

ABUSO Y VIOLENCIA FAMILIAR

Vivimos en una sociedad donde la violencia familiar y abuso contra niños sigue en aumento. Es común tener sentimientos confundidos y hacer excusas para personas que son abusivas. Uno siempre piensa que no lo volverá hacer o que tal vez la otra persona provocó la situación. No se equivoque y busque ayuda profesional para esa persona. Las estadísticas demuestran que personas que son violentas continúan siéndolo, y cada arranque de violencia es peor que el anterior. Si usted, algún familiar o alguien que usted conoce/aprecia se encuentra en una situación o relación abusiva usted debe de actuar rápidamente, ya que puede salvar una vida, tal vez la de usted.

En hogares donde niños son testigos constantes de violencia entre sus seres queridos, el riesgo de que esos niños estén siendo maltratados o que lo sean en un futuro cuando sean adultos, es alto. Se ha estimado que en un año 3.3 millones de niños son testigos de actos de violencia en el hogar.

Recuerde, nadie merece ser abusado/a en ninguna forma. Hay otras maneras de arreglar las cosas sin necesidad de violencia. Busque ayuda, usted, sus seres queridos y mas que nada sus niños, se lo merecen.

Para ayudarle o para información llame a una de las siguientes agencias. Todas están entrenadas para ayudarle o referirle al sitio más apropiado para su necesidad.

ALTERNATIVA PARA MUJERES MALTRATADAS

232-7353

LIFE LINE

275-5151

SOCIEDAD PARA PROTECCION Y CUIDADO DE NIÑOS

325-6101

(Programa de violencia Familiar)

Para reportar casos de abuso llame al

CONDADO DE MONROE DEPARTAMENTO DE SERVICIOS HUMANOS Y DE SALUD

274-6000

SIDA (AIDS)

SIDA es una enfermedad causada por un virus llamado **HIV** que afecta el sistema inmune del cuerpo y destroza ciertas células en la sangre que son necesarias para combatir influencias y enfermedades. Cuando la persona, se hace la prueba de AIDS y sale HIV positivo, tiene deficiencia de estas células y porque no tiene el sistema inmune lo suficientemente fuerte para combatir virus puede adquirir SIDA. El virus de HIV se transmite através de personas que estan contaminadas por el HIV, y se adquiere de tres maneras: por la sangre, semen, y secreciones vaginales. Las personas que tienen el riesgo más alto de obtener tal enfermedad son: personas que tienen relaciones sexuales con más de una persona y no usan condones, personas que son adictas a la heroína y se inyectan con jeringuillas que han sido usadas por otra persona que esta contaminada.

Para mas información sobre prevención y/o tratamiento del SIDA llame a su clínica, médico o a una de las siguientes agencias:

ACCION PARA UNA MEJOR COMUNIDAD	546-6180
DEPARTAMENTO DE SALUD CONDADO DE MONROE	464-5928
CENTRO DE DESAROLLO Y RECURSOS PARA JOVENES HISPANOS (PRYD)	325-3570

USO DE ALCOHOL Y OTRAS DROGAS CONTROLADAS

El uso de bebidas alcohólicas y drogas por nuestros jóvenes es un problema serio en esta comunidad. Estadísticas nacionales indican que la mayoría de jóvenes comienzan a experimentar con sustancias controladas entre los 11 y 14 años de edad. Para tratar de evitar que nuestros jóvenes se envuelvan con drogas y alcohol es importante tener conocimiento de los efectos que estas sustancias causan. Más importante es discutir este tema con sus hijos a una temprana edad.

En caso de una intoxicación con alguna sustancia debe llamar a 911 o llevar a la persona de emergencia al hospital. Si quiere romper con el uso del alcohol o drogas, o desea información acerca de los efectos de estas sustancias, debe de llamar a su clínica o a la agencia que más cercana este a su hogar. Use esta guía para números a llamar.

NECESIDADES BASICAS

La siguiente lista es para ayudarle a obtener acceso a cierta información y recursos en la comunidad.

CUPONES PARA ALIMENTOS	274-6000
LIFE LINE (para necesidades que usted no sepa donde debe llamar)	275-5151
CENTRO DE DESAROLLO Y RECURSOS PARA JOVENES (PRYD)	325-3570
IBERO LIGA DE ACCION AMERICANA	256-8900
CONCILIO URBANO POTENCIAL PARA JOVENES (MCTP)	325-8123

Los siguientes centros distribuyen alimentos a familias en caso de necesidad o emergencias:

CONCILIO DE VIVIENDA PARA EL CONDADO DE MONROE	546-3700
SERVICIOS DE ALIMENTOS DE GENESEE VALLEY	328-3737

Para ayuda con el gas y energía, viviendas, seguro medico o quejas de alojamiento inadecuado, puede llamar a las siguientes agencias para ayuda:

ROCHESTER HOUSING AUTHORITY	697-3600
PARA UNA LISTA ACERCA DE SERVICIOS DE VIVIENDAS EN EL CONDADO DE MONROE	328-3380 x-31
PARA LISTAS DE APARTAMENTOS Y/O SABER SUS DERECHOS DE INQUILINO	546-3700
ASSISTENCIA PARA AYUDAR A PAGAR LA CUENTA DE LUZ Y GAS (HEAP)	274-6477
DEPARTAMENTO DE SALUD Y IMMUNIZACIONES	274-6151
SEGURO MEDICO ARA NINOS (Child Health Plus)	1-800-698-4543
SEGURO MEDICO PARA FAMILIA (Family Health Plus)	1-877-934-7587

ABUSO SEXUAL

Se calcula que antes de los 18 años de edad una de cada cuatro jovencitas y uno de cada siete varones son abusados sexualmente. Para proteger a nuestros niños tenemos que estar concientes que en la mayoría de los casos es una persona conocida que le hace daño. Sabía usted que el 90% de los niños que son sexualmente abusados es por personas que ellos conocen o familiares, y no extraños como uno suele pensar.

Tenemos que hablar con nuestros hijos acerca de lo que es abuso sexual y como ellos pueden hacer para protegerse en tal caso. Usted puede ayudar en la siguiente forma:

- Familiarícese con este tema para que pueda discutirlo con sus niños
- Si sus niños hacen preguntas de sexo contéstele la pregunta francamente y aproveche para hablarle sobre los peligros
- Estimule a sus niños a que sean siempre francos con usted y le cuenten si alguien le ha tocado o intentado tocar alguna parte del cuerpo que les hizo sentirse incómodos

Si su niño/a es abusado/a sexualmente:

- Mantengase tranquila/o
- Inmediatamente busque ayuda médica
- Llame al 911 o a alguien de confianza para asistencia de emergencia

También puede llamar a uno de los siguientes centros:

PLANNED PARENTHOOD DE ROCHESTER	546-2595
ALTERNATIVA PARA MUJERES MALTRATADAS	546-2777
LINEA DE ABUSO CONTRA NIÑOS	461-5690
O A LA LINEA DEL ESTADO DE NUEVA YORK	1-800 - 342-3720

VIOLACION SEXUAL

Violación sexual no es un acto de pasión; es un crimen de violencia. Cualquier persona puede cometer esta clase de crimen. Estadísticas demuestran que son cometidos más frecuentes por un pariente, novio/a o un amigo/a que por un extraño.

Si usted es víctima de tal violación debe de tomar las siguientes medidas:

- Consiga algún refugio seguro y llame a alguien de su confianza.
- No se bañe, ni cambie de ropa, ya que haciendo esto puede borrar huellas o evidencias necesarias.
- Vaya a la sala de emergencia, comuníquese con su médico o llame la línea de emergencia **911**

Si eres víctima de un asalto puedes recibir asistencia llamando a:

RAPE CRISIS CENTER	546-2777
(servicios para víctimas de violación sexual)	
POLICIA	911
HOSPITALES:	
Genesee Hospital–Via Health	922-6000
Highland	341-6880
Lakeside Memorial	637-3131
Parkridge–Unity Health System	723-7000
Rochester General Hospital–Via Health	338-4000
St. Mary’s–Unity Health System	723-7000
Strong	275-4551

SI PIENSA QUE ESTA EMBARAZADA

Si cree que esta embarazada, es importante que visite a su ginecólogo para un examen. Si no tiene un médico puede llamar a uno de los siguientes números para un examen.

CENTRO DE SALUD ANTHONY JORDAN	423-5800
HOSPITAL HIGHLAND	341-6880
HOSPITAL VIA HEALTH–ROCHESTER GENERAL HOSPITAL	338-4050
HOSPITAL STRONG	275-4551
PLANNED PARENTHOOD	546-2775
HOSPITAL VIA HEALTH–GENESEE HOSPITAL	922-6000
CENTRO DE SALUD BROWN SQUARE	254-6480
LINEA DE SALUD (PCAP) SERVICIOS PRE-NATALES	1-800-522-5006

Para servicios pre-natales, puede ir al mismo centro que le hicieron el examen o elegir otro. Recuerde que es importante que reciba tratamiento durante su embarazo.

AYUDA/APOYO

Si usted o un miembro de su familia se encuentra luchando con un problema difícil, hablando con personas que han pasado por el mismo problema puede ayudar. Existen muchos servicios en la comunidad que proveen ayuda en momentos de necesidad y que le pueden asistir en resolver problemas de alcohol, droga, depresión o en momentos de soledad o de agravio, ya sea por pérdida de algún ser querido o algún dilema personal/de familia.

Para más información puede llamar a una de las siguientes agencias:

HEALTH ASSOCIATION (CENTRO DE RECURSOS)	325-7987
LIFE LINE	275-5151

PROGRAMAS DE VERANO

Si usted quiere envolver a sus niños en algún programa de verano, es importante que haga los planes con anticipación. Hay un sinnúmero de campamentos y programas de recreación que están disponibles durante el verano para que su niño/a se distraiga.

Algunos programas requieren cuota o cobran por participar en ellos. Muchos de estos programas y/o campamentos de verano ofrecen becas a familias de recursos limitados. **Para más información llame al:**

DISTRITO ESCOLAR	262-8220
DEPARTAMENTO DE PARQUES Y RECREACION	428-6755
YMCA	546-5500

También puede llamar a su parroquia para saber que programas tienen para jóvenes y niños durante el verano.

ENTRETENIMIENTO PARA LA FAMILIA EN GENERAL

Usted y su familia pueden participar y disfrutar de ciertos eventos atléticos, sociales y recreativos sin costo alguno. Para información sobre atracciones locales puede llamar a los siguientes números bajo la categoría que desea.

EVENTOS EN ROCHESTER	475-2646
CONCIERTOS	427-7777 X 8026
PARQUES DE ATRACCIONES	
Darien Lake	1-599-4641
Seabreeze	325-1900
GALERIAS DE ARTE	473-0350
MUSEO DE CIENCIA	271-4320
PARQUE ZOOLOGICO	266-6846
PLANETARIO STRASENBERG	442-7171
PARQUE DE PELOTA	467-3000
ORGANIZACIONES DE JOVENES:	
Niño explorador (boy scout)	244-4210
Niña exploradora (girl scout)	328-3077
Organización Católica de Jóvenes	454-2030
Extensión Cooperativa del	
Condado de Monroe	461-1000
PARQUES DE RECREACION	428-6770
PISCINAS:	
Calle Adams	428-6770
Escuela Superior de Charlotte	663-7072

Centro Clinton-Baden Street
Escuela Superior East
Centro Edgerton

325-4910
288-3130
428-6769

JOVENES FUGADOS O DESAMPARADOS

Anualmente en el condado de Monroe hay aproximadamente 3,000 jóvenes menores de 21 años de edad que se fugan de sus hogares. Jóvenes se fugan por varias razones, principalmente se van de la casa porque no se sienten seguros en su propio hogar o tienen problemas con sus padres o familiares.

Si su hijo/a se ha fugado de su hogar es importante que usted haga un reporte inmediatamente para que las autoridades le ayuden a encontrarlo/a. Antes de llamar a la policía debe de cerciorarse que no está con una amistad, novio/a o familiar.

En caso de emergencia que su hijo/a necesite hospedaje temporero puede ir a uno de los siguientes refugios:

CENTRO DE SERVICIOS - Para jóvenes de 12-17 años de edad
(CENTER FOR YOUTH SERVICES)

271-7670
or 1-888-617-5437

CASA DE SALVACION - Para jóvenes de 16-20 años de edad
SALVATION ARMY

235-2660

EMPLEO

Tomar la responsabilidad de un trabajo es una decisión importante, y un gran paso en la vida de todo joven. Comenzar a ahorrar dinero por su propio esfuerzo les da una nueva meta en la vida y muchas veces se olvidan de los estudios y piensan que ya no es importante continuar y graduarse. Como padres tenemos que aconsejar, escuchar y guiar a nuestros hijos para que puedan comprender que trabajar es importante porque es la manera con la cual uno obtiene estabilidad económica, pero hay que también demostrarle constantemente que sin una educación no van a tener buenos empleos. Nuestros niños tienen que comprender que las dos cosas son igualmente importantes.

Para comenzar a trabajar un joven requiere lo siguiente:

La tarjeta del seguro social - si necesita una puede llamar al **263-6848** o al **1-800-772-1213**

Un permiso de trabajo - (work permit) si eres menor de 18 años de edad. Puede conseguir los papeles para empleo a través de su escuela. Un examen físico es necesario antes de que el permiso de trabajo sea otorgado.

SALARIO/HORARIO

El salario mínimo es \$5.15 la hora.

Para ayuda con empleo y/o adiestramiento para usted o sus jóvenes, puede llamar a una de las siguientes agencias:

OFICINA DE EMPLEO Y ADIESTRAMIENTO
EN LA CIUDAD DE ROCHESTER

258-8840

OFICINA DE EMPLEO Y ADIESTRAMIENTO
EN EL CONDADO DE MONROE

530-4499

DEPARTAMENTO DE SERVICIOS HUMANOS Y DE SALUD
(para personas en asistencia pública)

274-6000

ACCION PARA UNA MEJOR COMUNIDAD (ABC)
Programa de empleo para jóvenes 16-21 años

325-5116

EDUCACION

El futuro de nuestros niños depende de una buena educación. Como padres y adultos tenemos que aceptar la responsabilidad y involucrarnos con las escuelas. Investigaciones/estudios indican que niños cuyo padres están envueltos en su educación, los niños obtienen mejores calificaciones. Es necesario establecer líneas de comunicaciones con la escuela y los maestros. Usted es responsable por la educación de sus hijos. Si sus hijos tienen problemas en la escuela llame o visite la escuela y hable con los maestros y/o el principal.

LA LEY - demanda que jóvenes de 6-16 años asistan a una escuela.

DIPLOMAS :

- Equivalencia de Escuela Superior (GED) se otorgan a personas de 16 años en adelante y que hayan estado fuera de la escuela por lo menos 6 meses.
- Regents: se le otorgan a personas que se gradúan de escuela superior con créditos en clases de alto nivel. Hay que tomar un examen escrito para cualificar.
- Diploma general - se le otorgan a personas que terminan escuela superior y pasan todos los requisitos del estado.

SUSPENSION:

Si su hijo/a es suspendido de la escuela por violar las reglas la suspensión puede ser por menos de 5 días o más. Si es por más de cinco días usted tiene el derecho de tener una audiencia con el superintendente de la escuela. Mientras espera por la cita de la audiencia, la escuela es responsable por asegurar que su niño/a reciba tutoría. Si su niño/a necesita un tutor llame a:

CENTRO BADEN	325-4910
CENTRO COMUNITARIO	327-7200
CENTRO HISPANO (PRYD)	325-3570
CYO	454-2030
DISTRITO ESCOLAR	262-8100
AYUDA LEGAL	232-4090

SALUD

Usted es responsable por su salud y la de sus niños. La salud de una persona depende de muchos factores. Algunos factores no se pueden controlar pero otros, tales como hacer ejercicios, dieta, y descanso apropiado, se pueden.

Tenemos que enseñarle a nuestros niños buenas costumbres y hábitos de salud. Si usted no tiene seguro médico, no está trabajando o gana lo mínimo, puede cualificar para Medicaid.

Puede llamar al **departamento de Servicios Humanos y de Salud del Condado de Monroe** para una aplicación. El número es **292-3960**.

El Estado de Nueva York también ofrece servicios gratuitos en áreas como: servicios pre-natales, embarazo de adolescentes, planificación familiar, maternidad y mamografía. Para más información llame al **1-800-522-5006**.

En el caso de una emergencia de noche o durante el fin de semana llame a su médico o hospital más cercano.

RUNNING AWAY AND HOMELESSNESS

RUNNING AWAY

There are approximately 3,000 young persons under the age of 21 reported as missing or as run-aways each year in Monroe County. Kids run away from home for a variety of reasons, most of the time because they do not feel safe. Running away from home is rarely the result of one argument or one fight. As a parent/adult, you may be confronted with your own child running away, or you may have a young person staying in your home who has run away. Studies have shown that family problems resulting in a child running away involve both parents and youth. The best way to work through those problems is to work together to solve them. The earlier parents and youth work together in trying to solve the problems, the better chance there is to prevent another runaway episode. If the problems are not able to be resolved, it is important to ask for help. (see PARENTING, page 54, and COUNSELING, page 32).

Runaways are at high risk for drug abuse, prostitution, crime and violence. If your child runs away, it is important for you to take action to locate him/her immediately. Check to see if s/he is at a relative's or friend's home. Speak with the parents of your child's friends to see if they know where your child is. If you cannot locate your child, immediately contact **911** and report your child missing. If you can locate him/her, attempt to listen to the reasons for leaving and ask for outside help to work through the problems.

There are two emergency shelters for youth in Monroe County. Each of these shelters provide safe, voluntary shelter for youth; a safe place to run to. The shelters are governed by the Runaway and Homeless Youth Act of 1978, Article 19-H. In compliance with this law, a runaway youth may stay in the shelter for thirty (30) days without parental permission. Each shelter provides youth with their basic needs, (food, clothing if necessary, access to health care) as well as supportive counseling services in the attempt to resolve the problems that caused the youth to run away. Parents will be notified that a youth is staying at a runaway shelter and will be encouraged to participate in working on a solution that reunites the family. If returning home is not an option, the shelter staff will work to assist the youth in finding a safe alternative, i.e., a relative, friend, or foster care.

The two emergency shelters for youth in Monroe County are listed here. Youth can call these shelters 24 hours a day, 7 days a week.

(The) Center for Youth (ages 12-17)

271-7670

Toll free number: 1-888-617-KIDS (5437)

Salvation Army Genesis House (ages 16-20)

235-2660

For a service that relays messages between runaways and their families without pointing the blame at anybody, call:

National Runaway Hotline

1-800-621-4000 (24 hrs)

1-800-621-0394 (TDD*)

HOMELESSNESS

A youth under 21 years of age who has lost family support, been thrown out of the home or who has no permanent home to go to, is considered a homeless youth. Often, youth in this situation have no one to depend on for emotional and financial support and must learn independent living skills to be successful on their own. Youth who are living from place to place with no permanent means of financial and emotional support, and no guardian to care for them, are considered homeless. There are programs to assist youth who are homeless find shelter, food, clothing and other necessary services. These programs will attempt to have youth and their parent/guardian work together on their problems. These programs can also assist youth in learning the necessary skills to live successfully on their own if the parents are unwilling or unable to care for them.

To help a homeless youth, call:

Hillside - Alternatives for Independent Youth & Emergencies (AIY) 654-4414

- Case Management
- Crisis Counseling
- Transitional Housing
- Drop in Center Services

Salvation Army Genesis House Youth Program 235-2660

- Case Management

The Center for Youth, Transitional Living Program 271-7670

- Case Management Toll free number: 1-888-617-KIDS (5437)
- Crisis Counseling
- Transitional Housing

Mercy Residential Services 254-2175

Emergency and transitional housing for pregnant and parenting women age 16 - 21 and their children.

If a youth needs assistance with school enrollment, call:

Legal Aid Society's Youth Advocacy Program 232-4090

If a youth is in need of food, clothing or shelter (there are additional homeless services for adults and families), call:

**LIFE LINE 275-5151 (24 hrs)
275-2700 (TTY*)**

For information on basic needs and resources, see BASIC NEEDS, page 28.

SEXUAL ABUSE

Estimates are that 1 out of every 3 female children and 1 out of every 5 male children will be sexually abused before reaching 18 years of age. In an effort to protect our children, we—as parents and caregivers—have informed them of the dangers involved with strangers. Despite our best efforts to track our children, in 70-80% of the reported sexual abuse cases, children were sexually abused by someone they knew. The offenders were friends or family members.

Offenders look for vulnerable victims. Since we teach our children to trust and obey adults, they are very vulnerable. It is as important for a child to know how to prevent sexual abuse as it is to look both ways before crossing a street. *We must talk to our children about sexual abuse.* This can begin with children as young as two years old.

Here are Some Guidelines

1. Familiarize yourself with the information and try to become comfortable with the topic.

Once you do this you will notice that there are opportunities almost every day which could lead to a discussion (e.g. children see several kinds of crime on television. Perhaps discussing something you've seen together can open a conversation about the subject).

2. Help your child become familiar with some definitions.

Sexual Abuse: When another person touches private parts of a child's body or has them touch their private parts. A child may be forced to, tricked into, or unaware of what is going on.

Private Body Parts: Identify with your child, his or her private parts; talk about the area covered by a bathing suit; using the correct terms. Speak with your child's doctor or family physician if you are uncertain about the correct terms.

3. Help your child identify good, bad, and confusing touch.

Note: The situation and those involved often determines what is good or bad touch. The following are some general examples of kinds of touching.

Good Touch

- Holding Hands
- Playing Tag
- Snuggling
- Hugging
- Kissing
- Any touch that you like and want

Bad Touch

- Hitting
- Pushing
- Trapping holds
- Biting
- Shoving
- Any touch that you do not want

Confusing Touch

- Pinching
- Wrestling
- Squeezing
- Kissing someone you don't want to kiss
- Tickling until it hurts
- Holding when you don't want to be held

4. Give your child permission to say "No" to any unwanted or confusing touch.

Help your child with some "NO" answers:

- 1.) "I don't want to do that"
- 2.) "I have to go now. I have something to do."
- 3.) "I like you, BUT I don't want to be touched like that."
- 4.) "Get away or I'll yell."

5. Encourage your child to come to you and tell you if they think they have been sexually abused. Remember, children seldom lie about sexual abuse.

Help your child identify who they can tell if someone touches them in a bad or confusing way and you are unavailable. Tell them if that person does not believe them, tell someone else.

6. Play “What If” games with your child to help them know what to do and how to respond in dangerous situations:

WHAT IF: Someone was following you after school? What could you do? Whom could you tell?

WHAT IF: Your friend’s older brother was always touching you when you did not want him to? What could you do? Whom could you tell?

WHAT IF: A relative touched your private body parts when they thought you were asleep? What could you do? Whom could you tell?

What to Do if a Child is Sexually Abused

If a parent overreacts or becomes angry, the child may feel guilty or blamed. If you ignore what the child is saying, s/he may feel that it is okay for the sexual abuse to continue.

- Ask questions and try to remain calm.
- Use language familiar to the child
- Listen without judgement. Do not interrupt, because the child may become anxious and unable to share.
- Tell the child that the abuse is not his/her fault
- Reassure the child that you, as an adult, will do what is possible to keep him/her safe.
- Seek medical care immediately.
- Call 911.

Children seldom lie about being sexually abused. *It is not a child's fault if s/he is sexually abused.* A victim of child sexual abuse needs support, understanding and love.

An offender needs to be reported and stopped so that other children are not hurt by the crime.

You and your child may need some additional support in dealing with the effects of this crime.

For more information and counseling, call one of the following:

Family Service of Rochester: TASA 232-1840
(Therapeutic Alternatives for Sexual Abuse) 232-1237 (TTY*)
(services to victims of sexual abuse within the family)

National Center for Missing and Exploited Children 242-0900

Planned Parenthood of the Rochester/Syracuse Region 1-866-600-6886
(Education and awareness programs for children and adults)

Society for the Protection and Care of Children 325-6101

For emergency services and crisis counseling, call:

LIFE LINE (24 hours/day) 275-5151
275-2700 (TTY*)

Rape Crisis Service 546-2777 (24 hrs)
546-7582 (TTY*)

To report sexual abuse by a parent or guardian, call:

Monroe County Department of Human & Health Services 461-5690
Child Abuse Maltreatment Register (English and Spanish) 274-6865 (TTY*)
NYS Child Abuse Maltreatment Register 1-800-342-3720

To report sexual abuse by someone other than a parent or guardian or if the victim involved is over age 18, call 911.

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

SEXUALITY/BIRTH CONTROL

The physical and emotional changes that happen to every young person as they grow up can be exciting and confusing. For most of us, teaching our children about all these changes—their sexuality—is not an easy task. We wonder what words to use, when to bring up the topic, how to handle touchy situations.

What is Sexuality?

“Sexuality is much more than the *facts of life* or the act of sexual intercourse. Sexuality is part of the personality of every human being. It lets us know which gender we belong to, and it can define our role in society and influence our feelings about relationships with others. It makes it possible for us to feel love, compassion, joy, and sorrow. Sexuality includes how we feel about our bodies and everything related to maleness and femaleness. Our sexuality determines the way we lead our everyday lives because it is central to the lives of us all.

As parents, we want our children to grow up with healthy bodies and minds, to get the best out of life in terms of lasting friendships and loving relationships; we want to teach values and attitudes that will help them become successful, healthy, and happy adults. Our sexuality is involved in all of these things.

When to Start Talking

The early childhood years are a good time to begin teaching children about sexuality. During these years, sexual issues come up often and children are open to us and willing to listen. At this time, we have perhaps the greatest chance of passing on our values. If we get in the habit of discussing sexual issues while children are young, it sets a pattern for the rest of their growing up years. If you haven't started, it's never too late to begin.

Some parents feel that too much information will stimulate curiosity and encourage sexual activity. Actually, the reverse is true. Curiosity is natural. The fact is that when children come from homes where sexuality is comfortably discussed, they usually postpone their first intercourse longer, and they are more likely to use contraception when they do become sexually active. The lesson to be learned is that children for whom sexuality is not a taboo subject are more likely to grow into adolescents and adults who make rational decisions and use mature judgment about sexuality.

Before you actually begin talking with your children about their sexuality and sex, you should prepare yourself in several ways. Be aware of the values and facts you want to teach about sex. Be clear about your own feelings. Think through the major issues and discuss them with your partner. Learn what to expect from your children at particular ages.

You may want to keep the following suggestions in mind:

- Answer questions when they come up. Don't put them off—your child may not ask again.
- Listen carefully to all questions. Make sure you understand what your child is asking. Then respond directly to the question being asked.
- Give only the amount of information appropriate for your child's age level. Children at different ages need different answers to the same question.
- Answer younger children's questions with honest, simple and brief explanations—rely on the facts.
- Use the proper names for sexual body parts. Make sure your child understands their meaning and then use them consistently.
- Teach your children family values and beliefs, as well as facts.
- Don't always wait for your child to ask questions. Take advantage of “teachable” moments—a pregnant friend, sex in a TV show, your child's use of sexual language. If he/she is not asking questions by age 5, bring up the topic yourself.

- Stop other activities and look at your child when discussing this important topic. Ask for his or her ideas so that your conversation is a genuine sharing.
- Don't be afraid of not being an expert. If you don't know the answer, admit it, and then find out. Or you and your child can find the answer together by sitting down with a book.
- Respect your child's privacy, as you expect respect from others.

Talking About Sexual Responsibility

Most youth are not emotionally or intellectually mature enough to handle the consequences of sexual relationships. Their need to "fit in" will make them very vulnerable to peer pressure and misinformation. If they fear being different from their friends, reassure them their feelings are normal. It's essential teens understand the various consequences of sexual activity and recognize the need for being responsible. It's important to encourage teens to not become sexually active.

Discussing with your son or daughter reasons and benefits of not being sexually active, and ways to say no are important and will help them think through their own thoughts and feelings. Relate and reinforce your values and why you believe what you do.

Even if you're uncomfortable with the possibility of your son or daughter having sexual intercourse, it's important to talk specifically about the risks of sex. Let your teen know there is no such thing as safe sex. (see Sexually Transmitted Infections (STIs), page 75, and AIDS/HIV, page 14) Abstinence is the only 100% effective means of preventing pregnancy, STI and AIDS.

Giving information about contraceptives may seem like giving permission to have sex, but if you incorporate birth control information as part of ongoing sexuality education before it becomes a personal issue for your son or daughter, you can prevent getting caught in the information/permission conflict.

Teens need their parents, and guardians to help them develop responsible and ethical standards with which to make mature decisions about sexual relationships. You need to be there for them. If you are uncomfortable talking with your son or daughter about birth control, but you believe it is important knowledge for them, connect them to someone you respect and are comfortable with who is willing to and can give them accurate information. See COUNSELING on page 32 if you and your teen are having difficulty communicating about this topic.

As a parent, you need to build up your children's self-esteem. Children who feel good about themselves are better able to handle peer pressure and make responsible decisions.

FOR WORKSHOPS ON "HOW TO BE THE PRIMARY SEX EDUCATOR FOR YOUR CHILD", CHECK WITH YOUR CHURCH/SYNAGOGUE, OR CALL:

Family Resource Centers of Rochester (FRCR)

Calvary St. Andrews Family Resource Center (SE)	232-1176
The Family Place (NW)	458-4100
Southwest Family Resource Center	436-0370
The Miriam Center (Charlotte)	663-2930
Peter Castle Family Resource Center (Joseph Avenue/Avenue D)	467-8130

Planned Parenthood of the Rochester/Syracuse Region 1-866-600-6886

FOR FATHER-SON, MOTHER-DAUGHTER RETREATS ON SEXUALITY, OR REFERENCE EDUCATION MATERIAL AND PROGRAMS TO TALK WITH YOUR SON OR DAUGHTER ABOUT SEXUALITY OR SEXUAL RESPONSIBILITY, CALL:

Planned Parenthood of the Rochester/Syracuse Region 1-866-600-6886
546-7582 (TTY*)

FOR INFORMATION ABOUT SEXUALLY RELATED HEALTH ISSUES AND BIRTH CONTROL YOU CAN CALL:

Anthony Jordan Health Center, Family Planning Program	423-5800
Genesee Health Service	922-9999
Highland Hospital-Family Medicine Center	442-7470
Highland Hospital, Rochester Adolescent Maternity Project (RAMP)	275-2060
In-Control	328-3408
Oak Orchard Community Health Center (Brockport)	637-5319
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886 546-7582 (TTY*)
Rochester General Hospital Adolescent Clinic	338-4050
Strong Memorial Hospital, Women's Health Services	275-2691 275-2222 (evenings)
Threshold Center for Alternative Youth Services	454-7530
Westside Health Services, Woodward Health Center	436-3040

FOR PREGNANCY COUNSELING:

CARE (Operated by Catholic Charities USA) 8 am to 10 pm every day	1-800-CARE-002
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

SEXUALLY TRANSMITTED INFECTIONS

Adolescence can be a time of risk-taking for many youth and the risks of sexual activity today—emotional, pregnancy, sexually transmitted diseases (STDs), including the Acquired Immune Deficiency Syndrome (AIDS) virus (HIV)—cannot be taken lightly. Parents must be and need to be the primary sex educators for their children. Youth must be educated about sexuality and learn the values important to their family. It may be too late if you wait until your children are in their mid-teens. Remember, we are a high tech, information rich, media-driven society where these issues are brought up daily.

Youth must be educated to the facts of STDs and they must be encouraged to seek *immediate* medical treatment if they believe they have an STD. Talk to your children about STDs. The following will provide you with some information about STDs. For more information talk with your family doctor, clinic or professionals in the community or see the resources listed below.

Facts about STIs and AIDS

Anyone who is sexually active can get sexually transmitted infections (STIs). The main way to get an STI is through sexual intercourse or any other sexual contact with someone who is infected. Included in these diseases are gonorrhea, herpes, syphilis, trichomonas, genital warts and HIV. (See AIDS on page 14).

Sexually Transmitted Infections are not shameful or a punishment—they are simply diseases that, if not treated, can seriously damage your health. If not treated, some STIs can result in serious damage (even if the outward symptoms disappear) including: sterility (inability to have children), heart disease, damage to an unborn baby, blindness, deafness, non-healing skin sores, paralysis and even death.

You do not catch STIs or HIV from toilet seats, door knobs or through “casual” contacts like handshakes and sharing a telephone. You can get STIs or HIV at any age.

SEXUALLY TRANSMITTED INFECTIONS ARE CONTAGIOUS. Once you have HIV or herpes you will always have it. Herpes can be controlled but is not curable. There is presently no cure for the HIV. Other STIs are curable with proper medical treatment, but you can get them again and again if you are exposed to them repeatedly.

Protecting yourself from STIs and AIDS

The best way to prevent STIs (Sexually Transmitted Infections) and HIV is for young people not to have sexual contact at all. If a person chooses to have sex, there are ways to begin to protect themselves: use of a latex or polyurethane condom, not having sex with people who have sores or blisters around their mouth or genitals, not having anal sex, and not having sex with a lot of partners or with one partner who has other partners. Statistics show that having sex with more than one partner or one partner who has had other partners, greatly increases the risk of getting an STI.

Tests

It is very important to go to a doctor or clinic and ask to be tested for STIs or HIV. A medical exam and a lab test will be done.

It is possible to have an STI without feeling sick or noticing any changes in the body. Encourage and support a young person who thinks s/he may have an STI to not be embarrassed to go see a doctor. The longer it goes untreated, the more damage it will do. Remember that most STIs can be treated and most can be cured.

STI tests are confidential. Parental permission is not required. For more information about preventing or treating STIs or HIV call:

Anthony Jordan Health Center, Family Planning Program	423-5800
In-Control	328-3408
Monroe County Dept. of Public Health, STI Clinic (Call for clinic hours)	464-5928
Outpatient STI Clinic at St. Mary's Hospital (Wed. 8:30 a.m. - 3:30 p.m.)	464-3060
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886 546-7582 (TTY*)
Threshold Center for Alternative Youth Services	454-7530
Westside Health Services	
Brown Health Services	254-6480
Woodward Health Center-Teen Center	436-3040

You may also call these hotlines to get additional information and support:

CDC National STI Hotline	1-800-227-8922
CDC National HIV and AIDS Hotline	1-800-342-2437
New York State HIV/AIDS Hotline	1-800-541-2437

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

STRESS

Youth, and even very young children, experience stress in their lives. Often today's children face more adult-like stresses than their parents did as children and at a time when adults are much less available to help them. With many parents working outside the home, young people may be more on their own than ever before.

Stress is a normal part of everyone's life. If we know how to deal with it, it can actually help our creativity, productivity and healthy relationships with others. If it gets out of hand, it can become a very serious problem.

There are a variety of stresses that children may be facing. Their bodies are changing rapidly and they are developing more maturity. Peers may be pressuring them to be like the group. They may feel parents are pushing them to achieve or make up for something they lack. Media presents a troubling picture of what the future will hold for the youth of today due to the fluxuating economy, violence, environmental issues and world issues. All of these may cause stress.

Some signals of stress are:

- lack of appetite/increased appetite
- lack of concentration/interest
- loss of sleep/sleeping alot
- anger/depression
- dropping grades
- physical ailments

It's important for parents and other caring adults to help children identify when they may be feeling stressed and to talk about it. Children also need support in identifying stress reducers.

Possible stress reducers include:

- physical activity/exercise
- hobbies/arts/music
- talking with friends and parents
- keeping a diary or writing down thoughts
- volunteering
- helping others

If you, your children or a youth you know are feeling the impact of stress in your or their life, talk with family members, a school counselor or some other trusted person, or refer to COUNSELING page 32.

SUICIDE

If a young person talks about suicide, take it seriously. Suicide is one of the three leading causes of death among young people. If a young person tells you s/he is thinking of killing her/himself and asks that you keep it a secret, **This is a secret you cannot keep.** Seek out supportive services **immediately.** (See COUNSELING page 32.)

If you think your child or a youth you are working with may be suicidal, don't be afraid to ask. Mentioning suicide will not give a young person the idea or push them over the edge. Talking about it can prevent suicide from happening. A suicidal person is not beyond help. The crisis period usually lasts a short time. With help a person can get better. If you think the situation is immediately life-threatening call the police at **911** or **LIFE LINE at 275-5151 or 275-2700 (TTY*)**.

Possible contributing factors to adolescent suicide include:

- Stress from external sources
- Fear of change and their ability to handle it
- Problems dealing with physical and psychological changes
- Loss of traditional support systems
- Unrealistically high expectations
- Unclear perception of death
- Alcohol and/or other substances of abuse

These five questions are often asked to find out whether or not a person is considering suicide:

- Has this person shown any of the following warning signs: seriously depressed, giving away prized possessions, doing poorly in school, talking about wanting to die, isolating themselves from family and friends, taking unnecessary risks, abusing drugs or alcohol or suddenly happy for no reason after being depressed for a long period?
- Has this person ever threatened or attempted suicide before?
- Does this person really believe he or she has a good reason to commit suicide?
- Does this person have a plan to commit suicide?
- Does this person have a way to put that plan into action right away?

Yes answers to *any* of these questions means you must be concerned and should seek professional help for your child. (See COUNSELING page 32.) Don't try to handle it alone.

The first step in stopping a suicide is to have the person promise "If I feel like I'm going to hurt myself, I will call someone or a hotline first." The next step is to connect the person to needed professional supports and resources.

Call for crisis intervention services and information:

LIFE LINE

**275-5151 (24 hrs)
275-2700 (TTY*)**

Adapted from LIFE LINE's *Adolescent Suicide—Outreach Program Card*.

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

SUMMER PROGRAMS

Scheduling children's activities in the summer requires advance planning and careful consideration. Camp and recreation programs are usually not full day (8 hour) programs. Please refer to CHILD CARE, page 30, for information about full time care, in addition to this section. Summer programs for children change from year to year and often require signing your children up in advance. Private camp programs may require sign-up as early as January or February. Many camp programs are expensive, so be sure to ask for the cost as well as any financial assistance that may be available. As with any child care situation, be sure to check child to staff ratio and staff qualifications, hours of operation, fees involved and whenever possible, personally meet the staff prior to leaving your child(ren).

Here is a list of places for you to call for information about what summer programs may be available to you and your child(ren):

LIFE LINE

Local Churches

Local School District

Neighborhood Community Centers

Parks and Recreation Departments (See THINGS TO DO, page 83)

Settlement Houses

YMCA

The Rochester City School District-SETRC Office publishes a guide on summer programs called the Summer Camp and Recreation Guide. You can contact the **SETRC office at 262-8646** to get a copy.

Any families receiving Department of Human & Health Services assistance may be eligible to send their children to summer camps. Check with your caseworker or examiner.

For additional information, look under Camps in the Rochester Telephone Book Yellow Pages.

SUPPORT GROUPS

If you find yourself or a child struggling with a difficult problem, talking with others who have experienced similar problems can often help. People in support groups can give each other lots of support and encouragement.

A support group can help you or someone you care about with such concerns as the death of a family member, suicide, someone's drug or alcohol problem, dealing with physical or sexual abuse or coping with a disease such as diabetes.

Our community offers many different support groups through various agencies and self-help programs. Check your library reference section for the Parent Group Directory developed by Kaleidoscope (The Regional Council for Children with Special Needs.)

For further information and referral, call:

LIFE LINE

275-5151 (24 hrs)

275-2700 (TTY*)

The Mental Health Association
Clearinghouse for Self Help Groups

325-8145

TEEN PARENTING

A number of agencies offer services especially for pregnant and/or parenting teens. Some of them are listed here. Education, medical care and counseling are among the services provided.

Being a parent is hard work. There are people and programs that can help. Receiving support in parenting skills is the key to a teen being a successful and effective parent, and staying in school allows a teen parent to gain the skills needed to be self-sufficient in the future. Programs differ in the services they offer. Call for more information about what each program can provide.

Parenting Skills and Counseling:

Catholic Family Center's Pregnancy Counseling Program	546-7220
Family Resource Centers of Rochester	
Calvary St. Andrews Family Resource Center	232-1176
Miriam Family Resource Center	663-2930
Peter Castle Family Resource Center	467-8130
Southwest Family Resource Center	436-0370
The Family Place	458-2208 x-16
Family Service of Rochester	232-1840 x-13
Teen Parents Program	232-7237 (TTY*)
Highland Hospital Family Classes (parenting classes only)	473-2229
Monroe County Dept. of Public Health, Community Health Worker Program	530-5437
Project CONECTS	428-6816
(Community Organizations Networking & Engaging Children & Teens Through Support)	
Charles Settlement House	328-5453
Junior Achievement	327-7400
Urban League of Rochester, Teen Moms Program	325-6530
Society for the Protection and Care of Children	325-6101
YWCA School Age Parents Program	232-3645
Southwest YMCA—B.E.S.T. Program	328-9330
Threshold Center for Alternative Youth Services, Mom Care	454-7530

Programs for Teen Fathers:

Urban League Young Fathers' Program	325-6530
The Family Place (Family Resource Centers)	458-2208 x-16

If you know of a teen parent or child that has special health care needs, or for more information about different services available to a teen parent and child, call the **Monroe County Health Department at 274-6550** for information and referral. Here are some other programs that offer special care.

For pregnancy counseling:

Anthony Jordan Health Center, Family Planning Program	423-5800
CARE (Operated by Catholic Charities USA) 8 am to 10 pm every day)	1-800-CARE-002
Highland Hospital, Family Medicine Center	442-7470
Highland Hospital, Rochester Adolescent Maternity Project (RAMP)	275-2060

Monroe County WIC Program (Supplemental Nutrition for Women, Infants and Children)	464-6486
Oak Orchard Community Health Center (Brockport)	637-5319
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886 546-7582 (TTY*)
Rochester General Hospital	
Adolescent Clinic	922-4050
Maternal and Child Health Services	922-4000
Westside Health Services, Woodward Health Center's Teen Center	436-3040

Being a teen parent may make it hard to stay in school. If you are a teen parent, or are going to be one, ask your guidance counselor for help. You may be eligible for home or hospital tutoring. If you have left school and want to return, there are many programs that can help.

Education Services:

Family Resource Centers of Rochester	
Peter Castle Family Resource Center	467-8130
The Family Place (Northwest)	458-4100
Rochester City School District	
Young Mothers Program	454-1095
Family Learning Center (18+)	262-8000
Threshold Center for Alternative Youth Services	454-7530
YWCA of Rochester and Monroe County	
School Age Parents Program	232-6345

Housing:

Mercy Residential Services	254-2175
Emergency and transitional housing for pregnant and parenting women age 16 - 21 and their children.	

There are many daycare centers and families who care for children. You can find out what is available and what assistance you can receive to help pay for childcare by calling:

Child Care Council, Inc. "Your premier resource" **654-4720 or 1-800-743-KIDS(5437)**
also see website: www.childcarecouncil.com

Teen parents may run into situations that may make it difficult for them to access services to which they have a legal right. If so, legal services are available. Call:

Monroe County Legal Assistance Corporation	325-2520
Legal Aid Society of Rochester, Youth Advocacy Program	232-4090
Public Interest Law Office of Rochester	454-4060

Also see page 49, *The Law and Your Child*

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

THINGS TO DO

Though it may sound ordinary, there are many things to do without spending money. A walk, sharing a story or favorite memory, or just sitting quietly for an unscheduled moment with another person can be a significant thing to do. Often some of our most cherished memories are those spontaneous times that we break into laughter from a shared joke or situation. All people, youth included, care about being listened to, and taking the time to listen quietly is a valuable thing to do. Take time to listen and find time to do things with your kids.

Having fun is important! Sports, social clubs, school or church activities are just a few examples of how young people can meet new friends, learn skills and have fun too. Doing new things can be scary sometimes but it gets easier once they get involved. There are places throughout the County that offer programs especially for young people. Some of them are listed here. Check the location nearest you and ask for more information. If they don't offer what you're looking for, ask if they know of someone who does.

Attractions

Bevier Gallery — RIT	475-2646
City of Rochester Event and Information Line (www.cityofrochester.gov)	428-6697
Edgerton Model Train Room(Tues., Wed., Thurs. after 6 p.m.)	428-6769
George Eastman House	271-3361
Lollypop Farm Humane Society of Rochester and Monroe County (petting zoo)	223-1330
Memorial Art Gallery	473-7720
Rochester Museum & Science Center	271-1880
Blue Cross Arena at the War Memorial Event & Information Line	758-5300
Seabreeze Amusement Park	323-1900
Seneca Park Zoo	467-9453
Six Flags Darien Lake Resort	599-4641
Strasenberg Planetarium	271-1880
Strong Museum	263-2700

Performing Arts:

Blackfriars Theatre Company	454-1260
Downstairs Cabaret Theater	325-4370
Garth Fagan Dance Company	454-3260
GEVA Theatre	232-1363
Finger Lakes Performing Arts Center (Canandaigua)	222-5000
Park Avenue Repertory Dance Company	461-2766
RAPA (Rochester Assoc. Performing Arts)	325-3366
RPO (Rochester Philharmonic Orchestra)	454-2100
The Hochstein Music School	454-4596

Sports:

Amerks (Hockey)	454-5335
Rochester Red Wings (Baseball)	423-9464

Listing continues on next page

Rhinos Soccer	423-9464
Rochester Rattler's LaCrosse	423-9464
Carrier Dome (Syracuse)	1-315-443-2121
Ralph Wilson Stadium (Buffalo Bills football)	649-0015
HSBC Arena (Buffalo Sabres hockey)	716-855-4100

Youth Organizations:

There are many special interest clubs and organizations that provide a variety of socialization activities, cultural experiences, leadership training and much more. Encourage your child or teen to get involved. Listed here are just a few. Ask other parents, teachers, or religious youth directors about other groups that may interest young people.

Action for a Better Community	325-5116
Boy Scouts of America	244-4210
Boys & Girls Club of Rochester	328-3077
Catholic Youth Organization (CYO)	454-2030
4-H Club/Cooperative Extension	461-1000
Girl Scouts of Genesee Valley	292-5160
Junior Achievement of Rochester (a member of Project CONECTS)	327-7400
Project CONECTS	428-6816
Puerto Rican Youth Development	325-3570
Southwest Neighborhood Association (SWAN)	436-8201
YMCA (a member of Project CONECTS)	546-5500
Youth to Youth of Huther-Doyle Prevention Services (formerly Prevention Partners)	381-4810

Recreation and Parks:

Parks and Recreation programs throughout the city and county offer many and varied recreational programs. Some offer swimming pools, gyms, ice rinks and organized activities such as dance, art classes, sports programs, etc. Our parks also offer open space to walk, run, hike trails and cross country ski. Call your individual municipal recreation programs for details.

City of Rochester Bureau of Parks & Recreation	428-6770
Program Information Tape	428-6767

See the City of Rochester website: www.cityofrochester.gov for a listing of recreation centers in your neighborhood or see the Telephone Book's blue pages listing of City of Rochester for a listing of phone numbers of individual city recreation sites to call for specific site program information.

Genesee Waterways Center	328-3960
Roller Skating Rink at Genesee Valley Park (summer only)	428-7888

Swimming Pools (City):

Adam Street Center (year round)	428-7456
Charlotte H.S. Center (summer only)	428-7829
Clinton Baden Center (year round)	325-4910

Listing continues on next page

East H.S. Center (summer only)	428-7832
Frederick Douglass (summer only)	482-2000
Freddie Thomas (summer only)	262-8850
Genesee Valley (summer only)	428-7889
Jefferson (summer only)	458-2280
Madison (summer only)	463-4100
Marshall (summer only)	458-2100
Monroe (summer only)	232-1530
Ice Rinks (City):	
Genesee Valley Park (indoor rink)	428-7888
Manhattan Square Park	428-7541
Ice Rinks (County):	
Highland Park	256-4950
Churchville Park	256-4950
County Parks:	
Monroe County Parks and Recreation Department	
Information or see www.monroecounty.gov , click on Parks	256-4950
Lodge & Shelter & Wedding reservations can be made online or call:	256-4950
Ontario Beach Park (beach/water condition line)	274-6887
Webster Park Family Camping reservations	872-5326
Ski at Monroe County Parks:	
Powdermill Park	234-1380
Northhampton Park, (rental, lessons, open ski)	234-6420
Towns (fees vary depending upon activity):	
Brighton Recreation & Parks	442-6585
Brockport - Clarkson - Sweden Joint Recreation Commission	637-1838
Chili Department of Parks and Recreation	889-3550
Churchville Youth Association	293-3720
East Rochester Department of Recreation	381-0378
Gates Department of Recreation	247-6100
Greece Youth Bureau	663-0200
Hamlin Recreation	964-7222
Henrietta Youth Bureau	359-2540
Irondequoit Recreation Department	336-6070
Mendon-Honeoye Falls Recreation	624-9387
Ogden Department of Recreation	352-2124
Parma Recreation	392-9030
Penfield Department of Parks and Recreation	340-8655

Listing continues on next page

Perinton Department of Recreation	223-5050
Pittsford Department of Recreation	248-6280
Riga Recreation	594-2030
Rush Recreation	533-2340
Webster Recreation	872-2911
Wheatland Recreation	234-0089
Tours in the Rochester Area:	
American Red Cross	256-4125
50 Prince Street, Contact: Assistant Executive Director of Marketing	
City Hall	428-7135
30 Church Street, Contact: Communication Office	
Gannett Newspapers	258-2375
55 Exchange Street	
McDonald's	
Contact the manager of your local McDonald's restaurant	
Monroe County Recycling Center	760-7526
1845 Emerson Street, Rochester, NY	
Monroe County Wastewater Treatment Plant and Mill Seat Landfill	760-7526
National Ambulance	546-2525
177 University Avenue, Contact: Director of Training	
Rochester Fire Department	428-5970
Public Safety Building, Contact: Deputy Chief	
Rochester General Hospital	338-4573
1425 Portland Avenue, Contact: Office of Public Relations (grades 3 and above)	
Rochester Police Department	428-7033
Mounted Horse Patrol	
To request tour, write to: Chief of Police,	
Rochester Police Department, Civic Center Plaza, Rochester, NY 14614	
Springdale Farm, Northhampton Park, (Call for fee schedule)	352-5320
696 Colby Street, Spencerport, NY 14559	
U.S. Coast Guard Station	342-4149
5500 St. Paul Boulevard, Contact: Tour Organizer	
WXXI	258-0286, 258-0288 (*TTY)
280 State Street, Rochester, NY 14614	

TRANSPORTATION

Monroe County has a variety of means of transportation available to youth and adults. Some areas of the community have more resources than others.

If you are a parent you may know too well the hassle of transporting your child to and from their friends, the mall or after school activities. If your child works, transportation becomes even more of a time commitment. Help your child to explore alternative means of transportation or share rides with friends and neighbors. You may want to approach other parents about developing a car pool to shared activities. It is important to help your child plan ahead for getting to and from activities. Remember, car accidents are the leading cause of death among adolescents and young adults. Relying on chance for a safe ride home may not be wise. Talk to your child about the possible dangers of accepting a ride with strangers and hitchhiking. Developing a group of parents to car pool can be a valuable asset for your whole family (see Forty Assets, page 8).

If you are a person working with youth, be aware of their limitations around independent travel/ transportation. Try to schedule activities, location and time convenient to youth using public transportation or relying upon family members to transport them. If it is an ongoing activity, help youth to share rides. It's a great way to build a team and develop good problem solving skills.

For more information, call:

Lift Line	224-8330
(People with Physical Disabilities)	224-8509 (TDD*), 426-3523 (TTY*)
CONNECT (Information about area transportation)	288-4099 (voice/TTY*)
Regional Transit Service (RTS)	288-1700
website: www.rgrta.com	toll free: 888-288-3777, *TDD - 654-0210

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

VOLUNTEERING AND COMMUNITY SERVICE

A lot of attention has been given to youth involvement in community service and volunteer activities. Community participation is now a requirement for high school graduation in many states. Involvement in community service has been found to have a variety of positive outcomes on young people's development, including: academic improvement, commitment to service, problem-solving skills, increased social and psychological development, decreased problem behavior, leadership development, self-confidence, career exploration, and positive relationships with peers. Key to the success of community service programs are built-in reflection time for the participants, involving youth as leaders in the program and within specific activities, giving youth hands-on experiences, focusing on relationship-building, and giving youth a say in decisions made throughout planning, implementation and reflection.

Ways to involve youth in community service include:

Encourage your children or the youth you work with to volunteer and become involved in their community.

Create and publicize service opportunities for youth and families.

Match service opportunities to young people's interests and abilities.

Make volunteering convenient for children and teens by scheduling projects after school and on weekends, providing transportation and adult supervision, and donating supplies to make the project a reality.

Create neighborhood service projects and/or faith congregation projects that bring youth, families, and different generations together.

Inform other community institutions about the value of youth community service projects and encourage them to create and involve youth in opportunities within their organization or institution.

For more information about volunteer opportunities within the community, call:

American Red Cross

Student Volunteer Directory

241-4490

now only available online at: www.generationgiveback.org

United Way of Greater Rochester Volunteer Connection

454-1100

also see: www.uwayroch.org

VOTING/POLITICAL ACTION

Voting is your right as a citizen of the U.S. By exercising your right to vote, you can support issues and ideas you believe in. If your child sees you vote, they may be more likely to exercise their right to vote when they become of age.

If you are 18, a U.S. citizen and have been a resident of Monroe County for 30 days before an election, you are entitled to vote, but you must be registered in advance. To register, you must fill out a registration form and send or bring the completed form to the County Election Commissioner's Office. You may designate a party—Republican, Democrat, Independent, or Conservative.

If you or your child wants information concerning government, current legislation or how to become involved in political action, contact:

Conservative Party of Monroe County	381-6850
Democratic Committee of Monroe County	232-2410
Green Party of Monroe County	271-3205
Independence Party	381-2138
League of Women Voters	262-3730 V/TDD
Libertarian Party	234-3733
Monroe County Board of Elections	428-4550
	428-2390 (TTY*)
Republican Committee of Monroe County	546-8040
Working Families Party of Monroe County	222-3796
Youth Voice, One Vision	(585) 428-7371

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.

YOUTH ACTION, YOUTH EMPOWERMENT AND YOUTH LEADERSHIP

Developing capable youth, strong families and responsible communities requires involving young people in every possible way in the programs, institutions, neighborhoods and communities that impact their lives. They become more invested in what they learn, more committed to attaining their goals, and develop valuable leadership skills and experience in the process. Simultaneously, families, organizations and communities benefit from the creativity, abilities and energy of young people engaged as resources.

We must find ways to integrate youth into our organizations, institutions and communities, to involve them in work with other youth and in partnerships with adults, that help them address their development needs while engaged in meaningful and productive opportunities.

Through youth participation opportunities, young people can effectively participate in shaping and improving our community, bringing fresh ideas and new perspectives into planning and decision making as well as needed resources for implementing and evaluating efforts.

Everyone benefits when youth get involved!

Programs to involve youth in youth participation activities and assist them in developing their leadership skills, include:

American Red Cross	
Black Youth Leadership Development Program	241-4261
Hispanic Youth Leadership Development Program	241-4485
City of Rochester	428-7371
Youth Councils at each Recreation Center	
Metro Council for Teen Potential	
Youth Reach	325-8123
Rochester-Monroe County Youth Bureau	
Reality Check	274-6823
Youth Action	274-6823
Rochester Step-Off Educational Foundation, Inc.	295-1840
www.rochesterstepoff.org	
Urban League	
Youth Leadership Development Academy	325-6530
YMCA	
Minority Achievers Program	263-3932

INDEX

A

Action for a Better Community

Administration & Information	325-5116
550 East Main Street, Rochester, NY 14607	
Employment Solutions Plus	325-5116
49 Stone Street, Rochester, NY 14604	
HEAP	442-4167
917 E. Main Street, Rochester, NY 14605	

The Advocacy Center

227 Alexander Street, Rochester, NY 14607	546-1700
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AIDS Community Health Inc. (formerly Community Health Network)

87 N. Clinton Avenue, 14620	244-9000
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AIDS Rochester, Inc.

1350 University Avenue, Rochester, NY 14607	442-2220
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AI Sigl Center

1000 Elmwood Avenue, Rochester, NY 14620	442-4100
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Alternatives for Battered Women

Rochester, NY 14604	232-7353 (voice/TTY*)
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American Cancer Society

1400 North Winton Road, Rochester, NY 14609	288-1950
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AmeriCorps

228 East Main Street, Room 4081, Rochester, NY 14604	262-1778
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American Lung Association of the Finger Lakes Region

1595 Elmwood Avenue, Rochester, NY 14620	442-4260
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American Red Cross

50 Prince Street, Rochester, NY 14607	241-4400
	241-4464 (TTY*)
	www.RochesterRedCross.org

Anthony Jordan Health Center

82 Holland Street, Rochester, NY 14605	423-5800
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Arbor Cite

30 Hart Street, Rochester, NY 14605	288-2010
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Association for the Blind and Visually Impaired

422 S. Clinton Avenue, Rochester, NY 14620	232-1111
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ARC of Monroe County

1000 Elmwood Avenue, Rochester, NY 14620	271-0660
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B

Baby Love/REEP

555 Avenue D, Rochester, NY 14621	266-0021
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Baden Street Settlement

Admission and Information 152 Baden Street, Rochester, NY 14605	325-4910
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Dr. George C. Simmons Counseling and Support Center	325-8130
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585 Joseph Avenue, Rochester, NY 14605	
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Bethany House

454-4197 (24 hrs)

Big Brothers/Big Sisters of Rochester 442-2250
 (Community Partners for Youth) 454-6329 (TDD*)
 232 S. Plymouth Avenue, Rochester, NY 14608

Birthright of Rochester

East 3380 Monroe Ave., Rochester, NY 146018 385-2100

West Unity Health, 819 W. Main Street, Rochester, NY 14611 328-8700

Boces I 377-4660
 41 O'Connor Road, Fairport, NY 14450 www.monroe.edu

Boces II 352-2400
 3599 Big Ridge Road, Spencerport, NY 14559 www.monroe2boces.org

Boys & Girls Club of Rochester 328-3077
 500 Genesee Street, Rochester, NY 14611

C

CP Rochester (formerly United Cerebral Palsy Association) 334-6000
 3399 Winton Road South, Rochester, NY 14623 www.cprochester.org

Calvary St. Andrews Pre-School and Family Center 232-1176
 68 Ashland Street, Rochester NY 14620

Camp Good Days & Special Times 624-5555
 KATS (Kids Adjusting Through Support)
 1332 Pittsford-Mendon Road, Mendon, NY 14506

Cancer Action Inc. 423-9700
 255 Alexander Street, Rochester, NY 14607

Catholic Family Center 546-7220
 87 North Clinton Avenue, Rochester, NY 14604

Refugee Assistance Project 546-7220
 87 North Clinton Avenue, Rochester, NY 14604

Restart Substance Abuse 546-3046
 55 Troup Street, Rochester, NY 14608

Catholic Youth Organization 454-2030
 87 North Clinton Avenue Rochester, NY 14604

Center for Dispute Settlement 546-5110
 300 State Street, Suite 301, Rochester, NY 14614

Center for Environmental Information 271-3550
 55 St. Paul Street, Rochester, NY 14604

(The) Center for Youth 271-7670
 905 Monroe Ave., Rochester, NY 14620

24 Hour Counseling Hotline 271-7670

Toll Free number 1-888-617-KIDS (5437)

Center, North 342-6373
 1945 E. Ridge Road, Suite 25, Rochester, NY 14622

Charles Settlement House (a member of Project CONECTS) 328-5453
 445 Jay Street, Rochester, NY 14611

Child Care Council 654-4720 or 1-800-743-KIDS (5437)
 595 Blossom Road, Suite 120, Rochester, NY 14610

City of Rochester website: www.cityofrochester.org

City of Rochester Office of Customer Satisfaction 428-5990
 30 Church Street, Rochester, NY 14614

City School District (Rochester)	website:www.rcsdk12.org
131 West Broad Street, Rochester, NY 14614	262-8100
Family Learning Center	262-8000
30 Hart Street, Rochester, NY 14605	
Young Mother's Program	454-1095
30 Hart Street, Rochester, NY 14605	
Special Education Training & Resource Center (SETRC)	262-8646
131 W. Broad Street, Rochester, NY 14614	
Community Health Network, Inc (CHN)	244-9000
87 N. Clinton Avenue, Rochester, NY 14620	
Community Place of Greater Rochester	288-0021
145 Parsells Avenue, Rochester, NY 14609	
Youth Development Services (formerly Genesee Settlement House)	288-1830
10 Dake Street, Rochester, NY 14605	
Family Services Unit (formerly Lewis Street Center)	327-7200
57 Central Park, Rochester, NY 14605	
CompassCare Pregnancy Services Helpline	232-2350
200 White Spruce Blvd., Rochester, NY 14623	
Compeer, Inc.	546-8280, 546-7959 (TTY*)
259 Monroe Avenue, Rochester, NY 14607	www.compeer.org
Conservative Party of Monroe County	381-6850
7 State Street, Pittsford, NY 14534	
Cornell Cooperative Extension	461-1000
249 Highland Avenue, Rochester, NY 14620	
Crestwood Children's Center (A Hillside Family Agency)	
2075 Scottsville Road, Rochester, NY 14623	429-2700
110 Mount Hope Avenue, Rochester, NY 14620	279-1300
3800 Scottsville Road, Scottsville, NY 14546	889-3700
1357 University Avenue, Rochester, NY 14607	244-8580
1 Keuka Business Park Suite 208, Penn Yan	315-536-6913
Suite 520 Bewley Bldg., Lockport	716-439-8275
84 Sweeney, N. Tonawanda 14120	716-692-8096
Cult Information Service of Rochester	244-2143
P. O. Box 18088, Rochester, NY 14618	

D

Delphi Drug & Alcohol Council Inc. Outpatient Clinic	467-2230
1839 East Ridge Road, Rochester, NY 14622	
Democratic Committee of Monroe County	232-2410
121 East Avenue, Rochester, NY 14604	
DePaul Mental Health Center	436-4840
835 W. Main Street, Rochester, NY 14611	
Dial A Teacher	262-5000
30 North Union Street, Rochester, NY 14607	
Discovery Huther-Doyle	429-8300
2366 Lyell Avenue, Rochester, NY 14606	

E

Eastman Dental Center	275-5051
625 Elmwood Avenue, Rochester, NY 14620	

Eastside Community Center 145 Parsells Avenue, Rochester, NY 14609	288-0021
Educational Opportunity Center 305 Andrews Street, Rochester, NY 14604	232-2730
Environmental Information 55 St. Paul Street, Rochester, NY 14611	262-2870
Epilepsy Association of Greater Rochester, Inc. 1000 Elmwood Avenue, Rochester, NY 14623	442-4430
Equal Rights for Fathers, Rochester Region	621-3330

F

Families and Friends of Murdered Children 244 South Plymouth Avenue, Rochester, NY 14608	428-2265
Family Health Center at the Enrico Fermi School #17 158 Orchard Street, Rochester, NY 14611	436-9224
Family Resource Centers of Rochester	
The Family Place 426 Lyell Avenue, Rochester, NY 14613	458-4100
Miriam Family Center 75 Stutson Street, Rochester, NY 14612	663-2930
Southwest Family Resource Center 89 Genesee Street, Rochester, NY 14611	436-0370
Peter Castle Family Resource Center 555 Avenue D, Rochester, NY 14621	467-8130
Calvary St. Andrews Family Resource Center 68 Ashland, Rochester, NY 14620	232-1176
Family Service of Rochester	
Community Resource Center 1040 S. Clinton Ave., Roch., 14604	232-1840
Perinton Office 6780 Pittsford-Palmyra Road, Fairport, NY 14450	232-1840
TASA (Main) 30 N. Clinton Avenue, Rochester, NY 14604	232-1840
	232-1237 (TDD*)

G

Gay Alliance of the Genesee Valley 179 Atlantic Avenue, Rochester, NY 14607	244-8640
Genesee Health Services 222 Alexander Street, Rochester, NY 14607	922-9999
Genesee Mental Health Center	
Alcohol Treatment Center (adult only) 224 Alexander Street, Rochester, NY 14607	922-7770
Child and Adolescent Services 224 Alexander Street, Rochester, NY 14620	922-7250
Genesee Settlement House (see Community Place of Greater Rochester)	
Genesee Valley District Parent Teachers Association 2152 Elton Road, Bloomfield, NY 14469	657-7722
Genesis House (ages 16-20), Salvation Army	235-2660
Good Grades Pay (City of Rochester) 80 Commercial Street, Rochester, NY 14614	428-6366

Greater Rochester Community of Churches 2 Riverside, Rochester, NY 14613	254-2570
Refugee Resettlement Services 350 Chili Avenue, Rochester, NY 14611	528-2030
Greece Youth Bureau 500 Maiden Lane, Rochester, NY 14616	663-0200
Green Party of Monroe County	271-3205

H

Health Association of Rochester and Monroe County One Mt. Hope Avenue, Rochester, NY 14607	423-9490 423-9845 (TDD*)
HEAP (Home Energy Assistance Program)	274-6477
Hemophilia Center 1415 Portland Avenue, Rochester, NY 14621	922-5700
Henrietta Youth Bureau 475 Calkins Road, Henrietta, NY 14467	359-7050
Highland Hospital 1000 South Avenue, Rochester, NY 14620	473-2200
Highland's Center for Women 1000 South Avenue, Rochester, NY 14620	271-4636
Highland Family Medicine Center 885 South Avenue, Rochester, NY 14620	442-7470
Hillside Children's Center 1183 Monroe Avenue, Rochester, NY 14620	256-7500 (24 hours) 256-7575
Alternatives for Independent Youth Services (AIY) 1337 E. Main Street, Rochester, NY 14609	654-4414
Huther-Doyle Prevention Services (Prevention Partners) 333 W. Commercial Street, Suite 3000, East Rochester, NY 14445 e-mail: drugslie@psquared.org, website: www.psquared.org	381-4810

I

IBERO American Action League, Inc. 817 E. Main Street, Rochester, NY 14605	256-8900
Irondequoit Youth Bureau 154 Pinegrove Avenue, Rochester, NY 14617	336-7267 e-mail: iyb@irondequoit.org

J

Jewish Community Center 1200 Edgewood Avenue, Rochester, NY 14618	461-2000
Jewish Family Services of Rochester, Inc. 441 East Avenue, Rochester, NY 14607	461-0110
Job Corps 25 Franklin Street, Sibley Tower, Suite 1125, Rochester, NY 14604	454-5130
John L. Norris Alcoholism Treatment Center 1732 South Avenue, Rochester, NY 14620	461-0410

K

KATS (Kids Adjusting Through Support),
see Camp Good Days & Special Times

L

LDA Life and Learning Services (formerly Learning Disabilities Assn.) 339 East Avenue, Rochester, NY 14604	263-3323
Lakeside Memorial Hospital 156 West Avenue, Brockport, NY 14420	637-3131
League of Women Voters 45 Exchange Boulevard, Rochester, NY 14614	262-3730 V/TDD
Legal Aid Society 65 Broad Street, Rochester, NY 14614	232-4090
(The) Legal Connection	295-5670
LIFE LINE	275-5151 275-2700 (TDD*)
Lifetime Assistance Inc. 425 Paul Rd., Rochester, NY 14624	426-4120
Lift Line 588 Trabold Road, Rochester, NY 14624	426-3530 or 224-8330

M

MADD (Mothers Against Drunk Driving), Monroe County Chapter 2125 Buffalo Road, Rochester, NY 14624	426-3130
Main Quest Treatment Center, A Division of the Health Assn. 774 W. Main Street, Rochester, NY 14611	464-8870
Mental Health Association 339 East Avenue, Suite 201, Rochester, NY 14604	325-3145
Mercy Outreach Center 142 Webster Avenue, Rochester, NY 14609	288-2634
Mercy Residential Services	254-2175
Metro Council for Teen Potential 585 Joseph Avenue, Rochester, NY 14605	325-8123 website: www.metrocouncil.us
The Miriam Center Family Resource Center 75 Stutson Street, Rochester, NY 14612	663-2930
Monroe Community College 1000 East Henrietta Road, Rochester, NY 14623	292-2000
MCC STAGE, GED Preparation 228 East Main Street, Rochester, NY 14604	262-1683
Monroe County	website address: www.monroecounty.gov
Monroe County Board of Elections 39 W. Main Street, Rochester, NY 14614	428-4550 428-2390 (TDD*)
Monroe County Dept. of Environmental Services 7100 CityPlace, 50 West Main Street, Rochester, NY 14614	760-7600
Monroe County Fire Bureau	279-4050
Monroe County Department of Human & Health Services 111 Westfall Road, Rochester, NY 14620	274-6000 274-6865 (TDD*)
HEAP 111 Westfall Road, Rochester, NY 14620	274-6477

Monroe County Department of Public Health	
Child & Family Health Services	530-KIDS(5437)
691 St. Paul Street, Rochester, NY 14605	530-5436 (TTY*)
The Center for Health & Behavioral Training, STD/HIV Services	530-4382
691 St. Paul Street, Rochester, NY 14605	
Immunization & Tuberculosis Clinic	274-6145
111 Westfall Road, Rochester, NY 14620	
Sexually Transmitted Infection (STI) Clinic	464-5928
855 W. Main Street, Rochester, NY 14611	
Monroe County District Attorney's Office	428-5680
47 South Fitzhugh Street, Rochester, NY 14614	
Monroe County Drug Helpline	275-0505
	275-2700 (TDD*)
Monroe County Legal Assistance Program	325-2520
80 St. Paul Street, Rochester, NY 14604	
Monroe County Office of Probation & Community Corrections	
PINS InfoLine	428-2250
217 West Main Street, Rochester, New York 14614	
Monroe County Public Defenders Office	428-5210
19 N. Fitzhugh Street, Rochester, NY 14614	
Monroe County WIC Program	464-6486
691 St. Paul Street, Rochester, NY 14605	
Montgomery Neighborhood Center	436-3090
10 Cady Street, Rochester, NY 14608	
Mother of Twins Support Group (call LIFE LINE)	275-5151
	275-2700 (TDD*)
Mount Hope Family Center	275-2991
187 Edinburgh Street, Rochester, NY 14608	

N

National Center for Missing and Exploited Children, NY Branch	242-0900
275 Lake Avenue, Rochester, NY 14608	
National Council on Alcoholism and Drug Dependence for the Rochester Area	423-9490
One Mt. Hope Avenue, Rochester, NY 14620	
National Council of Jewish Women	234-3475
P.O. Box 18661, Rochester, NY 14692	
Native American Cultural Center	442-1100
1344 University Avenue, Suite 230, Rochester, NY 14607	
New York Civil Liberties Union - Genesee Valley Chapter	454-4334
121 N. Fitzhugh Street, Rochester, NY 14614	
NYS Department of Health	423-8042
42 South Washington Street, Rochester, NY 14608	
NYS Education Department Office of Vocational Rehabilitation Services for Individuals with Disabilities (VESID)	238-2900
109 S. Union Street, Rochester, NY 14607	325-6278 (TDD*)

O

Oak Orchard Community Health Center	637-5319
300 West Avenue, Brockport, NY 14420	

Parents and Friends of Lesbians and Gays Rochester, New York	234-0156
Parents Without Partners Fairport P.O. Box 204, Fairport, NY 14450	251-3647
Park Ridge Chemical Dependency Program 1565 Long Pond Road, Rochester, NY 14626 2000 Winton Road, Brighton, NY 14618	723-7723 272-8330
Park Ridge Hospital 1555 Long Pond Road, Rochester, NY 14626	723-7723
Park Ridge Mental Health Center 1555 Long Pond Road, Rochester, NY 14626 81 Lake Avenue, Rochester, NY 14608 80 West Avenue, Brockport, NY 14420	723-7750 235-4900 637-6822
Park Ridge Youth Outreach Program 59 Henry Street, Hilton NY 14468 2430 Union Street, Spencerport, NY 14559	392-5945 352-3050
Peace and Justice Education Center (PJEC) 715 Monroe Avenue, Rochester, NY 14607	244-7191
Pittsford Youth Services 35 Lincoln Avenue, Pittsford, NY 14534	248-6299
Planned Parenthood of the Rochester/Syracuse Region 114 University Avenue, Rochester, NY 14605	1-866-600-6886 546-7582 (TTY*)
Prevention Partners, see Huther-Doyle Prevention Services	
Project CONECTS (Community Organizations Networking & Engaging Children & Teens Through Support) City of Rochester, 30 Church Street, Rochester, NY 14614 Metro Council for Teen Potential 585 Joseph Avenue, Rochester, NY 14605	
Puerto Rican Youth Development and Resource Center 997 N. Clinton Avenue, Rochester, NY 14621	325-3570
R	
Rape Crisis Service of Planned Parenthood of Rochester and the Genesee Valley	546-2777 546-7582(TTY*)
Regional Early Childhood Direction Center 601 Elmwood Avenue, Rochester, NY 14642	275-2263
Regional Transit Service (RTS) 1372 E. Main Street, Rochester, NY 14609	654-0200 schedules/fares at www.rgrta.com
Republican Committee 301 Exchange Boulevard, Rochester, NY 14608	546-8040
Respite Cares (division of Heritage Homes) 349 W. Commercial Street, East Rochester, NY 14445	381-8065
Rochester Association for the Education of Young Children 249 Highland Avenue, Rochester, NY 14620	244-3380
Rochester Center for Independent Living 1641 East Avenue, Rochester, NY 14610	442-6470

Rochester City School District (SEE CITY SCHOOL DISTRICT)	
Rochester General Hospital 1425 Portland Avenue, Rochester, NY 14621	922-4000
Rochester Mental Health Center 490 East Ridge Road, Rochester, NY 14621	922-2500
Rochester Public Library 115 South Avenue, Rochester, NY 14604 www.libraryweb.org (see page 52 for local numbers)	428-7300 428-8023 (TDD*)
Rochester Rehabilitation Center - Men's Education for Non-Violence Workshop (ages 18 and up) 1000 Elmwood Avenue, Al Sigl Center Rochester, NY 14620	271-5842
Rochester Step-Off Educational Foundation, Inc. www.rochesterstepoff.org	295-1840
Rochester Works! 34 St. Paul Street, Rochester, NY 14604	258-3500

S

Saint Mary's Hospital 89 Genesee Street, Rochester, NY 14611	723-7000
Salvation Army 70 Liberty Pole Way, Rochester, NY 14604 Genesis House 24 hours a day/7 days a week	987-9540 235-2660
Samaritan Pastoral Counseling Center 935 East Henrietta Road, Rochester, NY 14607	473-2671
Sanctuary House	277-7550
Sierra Club Rochester Regional Group P.O. Box 39516, Rochester, NY 14614	987-9282
Society for the Protection and Care of Children (a member of Project CONECTS) 148 South Fitzhugh Street, Rochester, NY 14608	325-6101
Southwest Family Resource Center 330 Wellington Avenue, Rochester, NY 14619	436-0370
Strong Memorial Hospital 601 Elmwood Avenue, Rochester, NY 14642 Strong Adolescent Medicine 601 Elmwood Rochester, NY 14642 Child/Adolescent Services 2180 S. Clinton Avenue, Rochester, NY 14618 Family Therapy Services 300 Crittenden Boulevard, Rochester, NY 14642 Women's Health Services 601 Elmwood Avenue, Rochester, NY 14642	275-2100 275-2964 275-3522 275-3535 275-2691
Substance & Alcohol Intervention Services for the Deaf Rochester Institute of Technology 115 Lomb Memorial Drive, Rochester, NY 14623	475-4978

T

TAPSS (Teenage Parent Support System) of SPCC 148 South Fitzhugh Street, Rochester, NY 14608	325-6101
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The Family Place 215 Lyell Avenue, Rochester, NY 14608	458-4100
Threshold Center for Alternative Youth Services, Inc. 80 St. Paul Street, Suite 400, Rochester, NY 14604	454-7530
Tough Love (call LIFE LINE) Rochester, NY	275-5151

U

United Cerebral Palsy Association (see CP Rochester)	334-6000
United Way of Greater Rochester, Inc. 75 College Avenue, Rochester, NY 14607	242-6400 website: uwrochester.org
Unity Health System Brockport Mental Health Services, 80 West Avenue, Brockport, NY 14420 Evelyn Brandon Health Center, 81 Lake Avenue, Rochester, NY 14608 Park Ridge Mental Health, 1561 Long Pond Road, Rochester, NY 14626 Genesee Street Outpatient Mental Health Services, 835 W. Main St., 14611	website: www.unityhealth.org 637-6822 368-6900 723-7750 368-6550
Urban League of Rochester (a member of Project CONECTS) 265 North Clinton Avenue, Rochester, NY 14605	325-6530

V

ViaHealth System Genesee Mental Health Center, 224 Alexander Street, Rochester, NY 14607 Rochester Mental Health Center, 490 E. Ridge Road, Rochester, NY 14621	922-7250 922-2500
Volunteer Legal Services Project 80 St. Paul Street, Suite 640, Rochester, NY 14604	232-3051
Volunteers of America 214 Lake Avenue, Rochester, NY 14608	647-1150

W

Westside Health Services, Inc. Brown Health Services, 175 Lyell Avenue, Rochester, NY 14608 Woodward Health Center, 480 Genesee Street, Rochester, NY 14611	254-6480 436-3040
Women's Place	436-5452

Y

YMCA of Greater Rochester 144 East Main Street, Rochester, NY 14604	546-5500
Youth-to-Youth of Huther-Doyle Prevention Services 333 W. Commercial Street, Suite 3000, East Rochester, NY 14445	381-4810
Youth Advocacy (Legal Aid Society) 65 Broad Street, Rochester, NY 14614	232-4090
YWCA of Rochester & Monroe County (a member of Project CONECTS) School Age Parents Program/ Project CONECTS 30 Hart Street, Rochester, NY 14605 Stepping Stone Drug Treatment 175 North Clinton Avenue, Rochester, NY 14604 Women and Children's Emergency Housing Shelter Women's Employment Services Young Parent Support Services	232-3645 546-5820 546-5820 546-5820 546-5820

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